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Tuesday

SCOTT OLSON/GETTY IMAGES

Gay couples wed in Iowa for the first time Monday.

Aisle Do: Same-sex couples rush to tie the knot in Iowa | 6

U.S.-Owned? GM lays out major restructuring plan | 4

The Decider: Capitals turn to experience for Game 7 | 17

lookout

Vocal Support: *Ben Folds* showcases university a cappella groups on a new CD.

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PANDEMIC POTENTIAL

WHO raises swine flu alert level as the virus spreads worldwide | 9

RODRIGO ABD/AP

A passenger wearing a protective mask exits a plane upon arrival in Mexico City. U.S. officials on Monday cautioned against traveling to Mexico.

pollcenter WOULD YOU BE WILLING TO SKIP A PLANNED TRIP IF YOU HAD FLU SYMPTOMS? A YES B NO

VOTE AT EXPRESSNIGHTOUT.COM OR TEXT A FOR 'YES' OR B FOR 'NO' TO 98999. FOR MONDAY'S RESULTS, SEE PAGE 36

TUESDAY 89 | 62

WEDNESDAY 73 | 55

eyeopeners

REASONING

Logic Left by the Side of the Road

A pregnant woman who was fleeing a bear when she was struck by a car said she would honor the euthanized animal by giving her baby the middle name "Bear." Ashley Swendsen, who had been hiking, felt the animal was curious, not malicious, and was sad to hear of its death: "Because the bear spared me, and then it had to die." (AP)

RICH SCHULTZ/THE MORNING CALL/AP

OOPS

That Sinking Wheeling

Authorities dig a car out of wet cement on American Parkway in Allentown, Pa., on Friday. The driver says she didn't see the large barriers as she proceeded to drive on the newly laid surface. The photo became the butt of many jokes as the subject of a caption contest at Mcall.com, the Web site of the Pennsylvania newspaper the Morning Call. One contribution: "Gee whiz, officer. My GPS told me to go straight while I was talking on my cell phone! Will this take long? I'm running late for work." (EXPRESS)

RELIGION

Kids Embarrassed By Carpool Vehicle

Charges have been dropped against a man driving a fake popemobile around Sydney, the Australian Broadcasting Corporation reported. The owner said he built the vehicle to protest the pope's visit last year. He says the decision to drop the charge — for distracting other motorists — is a victory for free speech. (EXPRESS)

MUNDANE

France: 'Eating Cereal for Breakfast'

France is the latest country to turn to social networking site Twitter to tell the world what its diplomats are up to. Top British, Dutch and Portuguese officials are among those doing it, too. With a 140-character limit, the tweets are pithy, with none of the nuance or lengthy constructions common in diplomatic texts. Travel warnings figure prominently. "Special travel advice for the Seychelles: info about maritime piracy in the zone," reads one tweet from the French Foreign Ministry. The tweets reveal little of what's going on at closed-door diplomatic talks in world capitals. (AP)

SEX

'Ask Your Mother/Father' Answers on Rise in Florida

A Melbourne, Fla., church giving sermons about sex may have to find a new home. The Brevard Public School District has threatened to boot New Hope Church out of Sherwood Elementary because of a worship series titled "Great Sex for You." Church leaders mailed 25,000 fliers, asking residents, "Is Your Sex Life a Bore?" The district said the fliers were inappropriate and that the church's lease contract is under review. (AP)

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Poll: Faith Switches Common

Half of U.S. adults have changed their religion at least once

DENVER | The United States is a nation of religious drifters, with about half of adults switching faith affiliation at least once during their lives, a new survey found. The reasons behind the swap depend on religious affiliation, according to the report issued by the Pew Forum on Religion and Public Life.

44

The percentage of U.S. adults in a Pew survey who said they dropped their childhood faith affiliation.

While Catholics are more likely to leave the church because they stop believing its teachings, many Protestants trade one denomination for another, the poll found.

The ranks of those unaffiliated with any religion, meanwhile, are growing not so much because of a lack of religious belief but because of disenchantment with religious leaders and institutions. The report estimates that between 47 percent and 59 percent of U.S. adults have changed affiliation at least once.

ERIC GORSKI (AP)

U.S. Preps for Pandemic Scenario

Americans are urged to avoid Mexico as swine virus spreads

WASHINGTON | Confirming at least 40 cases of swine flu in the U.S., the Obama administration said Monday it was responding aggressively as if the outbreak would spread into a full pandemic. Officials urged Americans against most travel to Mexico as the virus that began there spread to the United States and beyond.

Of the 40 U.S. cases, only one person has been hospitalized and all have recovered, said Dr. Richard Besser, acting director of the Centers for Disease Control and Prevention.

President Obama urged calm, saying there was reason for concern but not yet "a cause for alarm."

Yet just in case, administration officials said that they were already waging a vigorous campaign of prevention.

"We want to make sure that we have equipment where it needs to be, people where they need to be and, most important, information shared at all levels," said Janet Napolitano, head of the Homeland Security Department.

Her briefing came shortly before the World Health Organization raised the severity of its pandemic alert level to four from three on a six-point scale. Level four means there is sustained human-to-human spread in at least one country. Level six is a full-fledged pandemic, an epidemic that has spread to a wide geographic area.

"We are proceeding as if we are preparatory to a full pandemic," Napolitano said.

The U.S. also stepped up checks of people entering the country by air, land and sea. Federal health officials can send someone to the hospital if they suspect a case, but no one was being refused entry.

LAURAN NEERGAARD (AP)

ERIC GAY/AP

Workers disinfect a classroom at Byron P. Steele High School in Cibolo, Texas, on Monday. At least two confirmed cases of swine flu have been found in the area, leading officials to close all of the public schools and parks in Cibolo for a week.

"We are taking it seriously and acting aggressively. ... Until the outbreak has progressed, you really don't know what it's going to do."

DR. RICHARD BESSER, ACTING DIRECTOR OF THE CDC

12M

Doses of Tamiflu from the federal stockpile are being given to states.

OTHER SAFETY MEASURES

- **The federal government has declared a** public health emergency.
- **The government is considering** whether to order swine flu vaccine.
- **Travelers are being questioned** at the U.S. border.
- **Some schools were closed** in New York City, Texas, California, South Carolina and Ohio.

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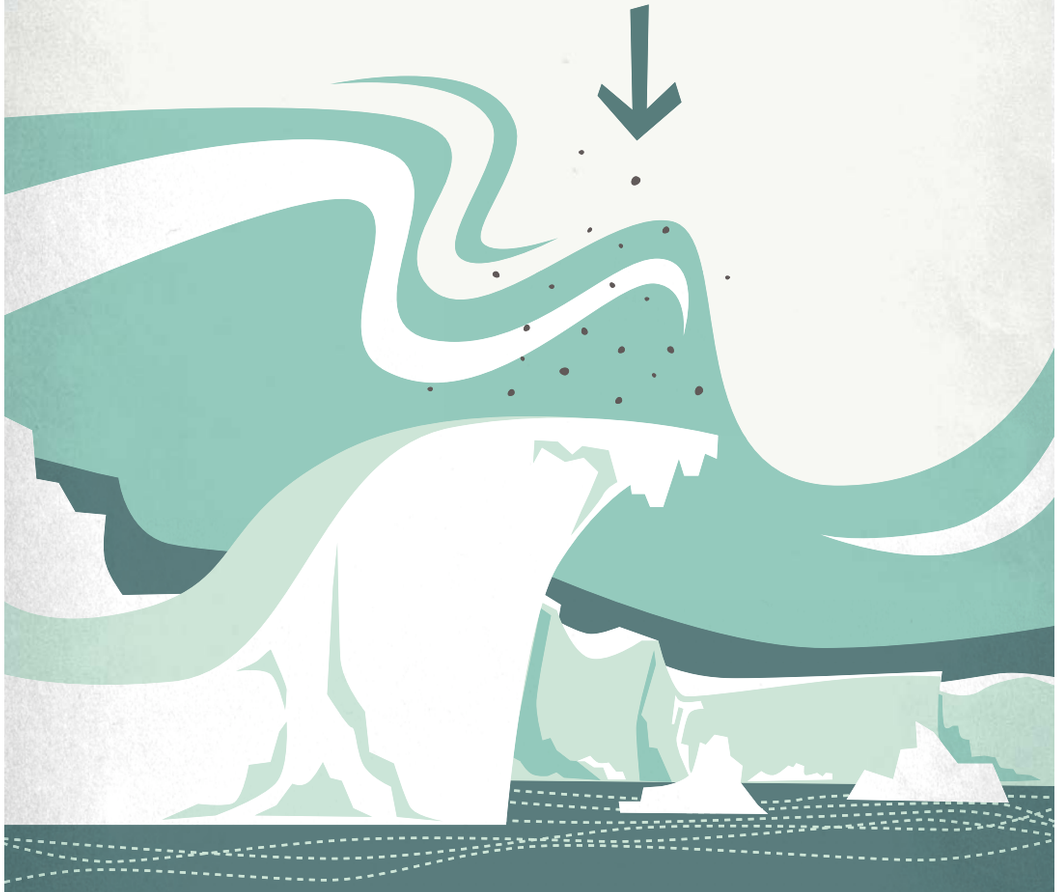

Soot is harming people and making global warming worse.

Soot, also known as black carbon, is the second-leading cause of global warming after carbon dioxide. It's released when we burn diesel fuel, coal, and wood or dung in rural kitchens. This nasty little particle is accelerating the melting of Arctic ice, threatening fresh water, indigenous communities, and polar bears that hunt on the ice. Soot is also a health menace, causing respiratory illnesses that lead to 1.6 million premature deaths per year, mostly among the poor.

Here's the good news: reducing soot now will buy time for the Arctic while we find solutions for the larger problem of global warming caused by carbon dioxide. We have the clean fuels and efficient cookstoves to avoid producing soot—it's a matter of tightening standards on diesel fuel at home, and investing in technology transfer abroad. The Arctic Council meeting in Norway this week is an opportunity for the US to take the lead on soot reduction, buying precious time for the Arctic, and improving public health worldwide.

EARTHJUSTICE

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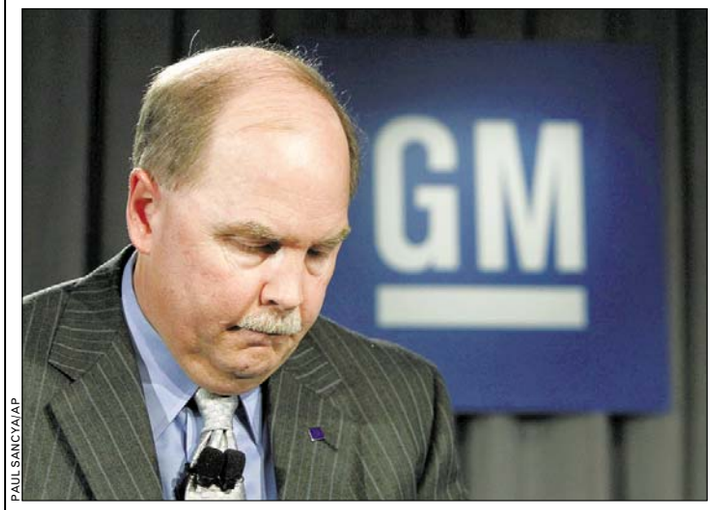
Nation



PAUL SANCYA/AP

General Motors President and CEO Fritz Henderson addresses the automaker's viability plan Monday in Detroit. The company is trying to avoid bankruptcy.

GM Sees the U.S. Taking Ownership

Automaker lays out restructuring plan with 21,000 job cuts

DETROIT | General Motors Corp. could be majority-owned by the federal government under a massive restructuring plan laid out Monday that would cut 21,000 U.S. factory jobs by next year and phase out the storied Pontiac brand.

The plan, which includes an offer to swap roughly $27 billion in bond debt for GM stock, would leave current shareholders holding just 1 percent of the century-old company, which is fighting for its life in the worst auto sales climate in 27 years.

GM is living on $15.4 billion in government loans and said Monday in a filing with the U.S. Securities and Exchange Commission that it envisions receiving an additional $11.6 billion. But if GM's restructuring plan can't satisfy the government by June 1, the struggling company could go into bankruptcy protection.

GM said that it will ask the government to take more than 50 percent of its common stock in exchange for canceling half the government loans to the company as of June 1. The swap would cancel about $10 billion in government debt.

In addition, GM is offering stock to the United Auto Workers for at least 50 percent of the $20 billion the company must pay into a union-run trust that will take over retiree health care expenses starting next year.

If both are successful, the government and UAW health care trust would own 89 percent of GM stock, with the government holding more than a 50 percent stake, GM CEO Fritz Henderson said.

President Obama's administration said in a statement that it has not made a final decision about taking stock from GM for part of its loans. (AP)

MOVIES **He Knows Jack** Two-time Oscar winner Kevin Spacey met with disgraced ex-lobbyist Jack Abramoff at a federal prison near Cumberland, Md., last week. Spacey has been cast as Abramoff in an upcoming movie. (AP)

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Nation

Gay Couples Wed in Iowa

State's supreme court ruling paved way for same-sex marriages

DES MOINES, IOWA | Same-sex couples lined up to apply for marriage licenses at government offices across Iowa on Monday, as several became among the first in the state to wed.

Melisa Keeton and Shelley Wolfe were declared "legally married" by pastor Peg Esperanaza during a ceremony in front of the Polk County administrative offices in Des Moines.

"It's not very romantic is it?" Melisa Keeton joked, referring to the location of the ceremony and the media attention. The couple were allowed to wed after getting a judge to waive the state's three-day waiting period before marriages are deemed valid.

CHARLIE NEIBERGALL/AP

A gay couple embrace after being married on Monday in Des Moines, Iowa.

The couple believed they were the first same-sex couple married in Polk County, and possibly the state, since the April 3 Iowa Supreme Court ruling that legalized gay marriage.

Gay marriage opponents have no legal options to appeal the case to the state or federal level because they were not parties to the lawsuit, and no federal issue was raised in the case.

Their only recourse appears to be a constitutional amendment by public vote, which couldn't get on the ballot until 2012 at the earliest. AMY LORENTZEN (AP)

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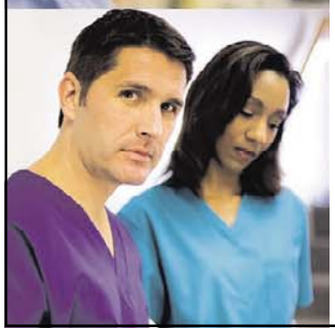

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JASON MCLANE/AP

In this cell phone image, a Boeing 747 flies over New York Harbor Monday.

Low-Flying U.S. Plane Scares N.Y.

A training exercise in Manhattan causes many people to panic

NEW YORK | A Boeing 747 used by the president was escorted over Lower Manhattan by an Air Force fighter jet Monday as part of a government photo opportunity and training mission, causing a brief panic among office workers near the site of the Sept. 11, 2001, terrorist attacks.

Workers from several office buildings poured out onto the streets before they learned that the flights were innocuous.

White House military office director Louis Caldera said federal officials notified local and state authorities in New York and New Jersey, but he also apologized in a statement on Monday for the confusion and disruption.

John Leitner, a floor trader at the New York Mercantile Exchange Building, said about 1,000 people "went into a total panic" and ran out of the building around 10 a.m. after seeing the planes whiz by.

Mayor Michael Bloomberg said the flyover so near the World Trade Center site showed "poor judgment." He said he is furious that the police and another city agency were notified last week but did not tell him. ULA ILNYTZKY (AP)

ALFREDO ESTRELLA/AFP/GETTY IMAGES

VERY WARY: Mexicans wearing face masks stand outside their offices in Mexico City after an earthquake rattled the city. The death toll from the swine flu rose to 149 as the WHO raised its pandemic alert level.

World on High Alert Over Flu

Death toll rises to 149 as WHO issues new warnings about virus

MEXICO CITY | Ominous developments Monday in the swine flu epidemic — a jump to 149 deaths and more signs that the virus can jump repeatedly from human to human — prompted the World Health Organization to raise its pandemic alert level, and governments around the world were taking tougher measures.

The virus has already spread to up to roughly a half-dozen countries and half of Mexico.

WHO said the new phase 4 alert means sustained human-to-human transmission is causing outbreaks in at least one country, signaling a significant increase in the risk of a global epidemic, according to Mexico health department spokesman Carlos Olmos.

Phase 4 doesn't mean a pandemic is inevitable, but many experts think it may be impossible to contain a flu virus already spreading in several countries.

Mexican Health Secretary Jose Angel Cordova suggested an earlier timeline for documented swine flu cases inside Mexico. The first death confirmed by the government involved a woman who succumbed to swine flu on April 13 in southern Oaxaca state.

But Cordova said tests now show that a 4-year-old boy contracted the disease at least two weeks earlier in neighboring Veracruz state, where a community has been protesting pollution from a large pig farm.

Juan Lubroth, an animal health expert at the U.N. Food and Agriculture Organization in Rome, said a team of veterinarians was flying to Mexico to examine what surveillance systems are in place to detect swine flu. PETER ORSI (AP)

JOSEP LAGO/AFP/GETTY IMAGES

A woman wears a mask upon her arrival from Mexico in Barcelona's airport.

COUNTRIES AFFECTED BY SWINE FLU

To prevent the flu from spreading, airports are screening travelers from Mexico and the U.S. China, Russia, Taiwan and Bolivia say they'll quarantine anyone with symptoms. Hong Kong and South Korea are warning citizens against travel to parts of Mexico. The EU health commissioner has urged Europeans to postpone nonessential travel to the U.S. and Mexico.

Mexico Struggles to Contain the Epidemic

MEXICO CITY | Mexico canceled school nationwide Monday and warned the death toll from a swine flu epidemic believed to have killed 149 people would keep rising before it can be contained.

Health Secretary Jose Angel Cordova said 20 of the deaths have been confirmed to be from swine flu, and the government was awaiting results on the other deaths.

"We are at the most critical moment of the epidemic. The number of cases will keep rising, so we have to reinforce preventative measures," Cordova said at a news conference that was briefly shaken by an earthquake.

Cordova said 1,995 people have been hospitalized with pneumonia since the first case of swine flu was reported on April 13. The government does not yet know how many were swine flu. (AP)

MEXICO'S PRECAUTIONS

- **Schools suspended** until May 6.
- **In Mexico City,** surgical masks given to subway passengers, public events canceled, venues closed and church services postponed.
- **President assumed** new powers to isolate infected people.
- **World Bank** loaning Mexico more than $200 million.

ILLNESS' SPREAD | KEY DATES IN SWINE FLU'S EMERGENCE

March 18 Mexican health officials notice outbreaks of flu-like illnesses, the Guardian reports.

April 16 Mexico's health department notifies the Pan American Health Organization of its swine flu outbreak.

April 21 The U.S. says two children in California test positive for swine flu.

April 23 Mexican authorities say outbreaks in U.S., Mexico appear to be linked.

April 25 Mexico says 81 have "probably" died of swine flu as U.S. confirms 11 cases of illness. The World Health Organization cites the potential for a swine flu pandemic.

Global Concern: For the latest information about the swine flu's spread and Web resources about the virus, visit **washingtonpost.com.**

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World

Challenges Await Correa

After easy re-election, Ecuador's president must tackle economy

QUITO, ECUADOR | President Rafael Correa has won re-election but may have little time to savor the decisive victory. The leftist economist must now determine how to maintain his ample social spending programs in a deepening economic crisis.

Correa won 51.2 percent of the vote in an eight-candidate field, according to official results on Monday, with 70 percent of ballots tallied, making him the first Ecuadorean president elected in 30 years without a runoff.

Exit polls indicated Correa's Alianza Pais party and allies won a majority in the new congress.

Correa, a U.S.- and Belgian-trained former academic, vowed upon first taking office in January 2007 to rid this traditionally unstable Andean nation of a corrupt political class that had for decades siphoned off oil wealth.

DOLORES OCHOA/AP
Ecuador's president, Rafael Correa, speaks in Quito, Ecuador, on Monday.

Now, he could have eight more years in power at the helm of a government that depends for 40 percent of its budget on a distressed petroleum industry.

Meeting with international media on Monday, Correa called his victory "overwhelming support" by Ecuadoreans for his "21st-century socialism." In terms of the economy, he predicted improvements next year.

"The outlook at the moment is very good for the country; the worst has passed, but, of course, there is great uncertainty, and anything can happen," Correa said.

His closest rival, former president and coup leader Lucio Gutierrez, won 28 percent of the vote.

JEANNETH VALDIVIESO (AP)

67%
The amount that Ecuador's oil revenues fell in the first quarter of 2009. Added to the pain is a drop of more than one-fifth the value of remittances from Ecuadoreans abroad.

400 **THE NUMBER OF** elephants that have crossed the Zambezi River from Zimbabwe to Zambia in recent months due to human encroachment, conservationists said Monday. The Zimbabwe Conservation Task Force called for more action — and money — to save Zimbabwe's wildlife. (AP)

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World

MOHAMMAD SAJJAD/AP

Residents flee an area in Lower Dir, Pakistan, where government forces launched an operation against militants on Monday.

Taliban: Truce 'Worthless'

Militants halt peace talks with Pakistan after deadly offensive

ISLAMABAD | A deadly Pakistani military offensive against insurgent hideouts prompted suspension of controversial peace talks with the Taliban Monday, and the country's president sought additional foreign aid to assure its nuclear arms remain in "safe hands."

The developments came as British Prime Minister Gordon Brown visited Afghanistan and Pakistan, calling their shared border region a "crucible of terrorism."

After the military push into Dir, a district on the Afghanistan border, militants described their peace pact with the government as "worthless," threatening a cease-fire the Obama administration has criticized as a capitulation to allies of al-Qaeda.

> **He may be dead.** But that's been said before. It's still between fiction and fact."
>
> —ASIF ALI ZARDARI, PAKISTANI PRESIDENT, REFERRING TO OSAMA BIN LADEN

Pakistan agreed in February to impose Islamic law in the Taliban-held Swat Valley and surrounding districts of the Malakand Division if militants ended a rebellion that included beheading opponents and burning schools for girls.

However, the concession appeared to embolden the Taliban, which staged a foray last week into neighboring Buner district, just 60 miles from the capital.

Pakistani President Asif Ali Zardari insisted Monday his country was doing what it must to root out domestic militants.

In an interview with reporters from foreign media outlets, Zardari also said Pakistani intelligence thought al-Qaeda chief Osama bin Laden might be dead, but said there was no proof. NAHAL TOSHI (AP)

Christian Slayings Rattle Iraqi City

KIRKUK, IRAQ | At two Christian homes, the gunmen used the same methods: point-blank fire that claimed three lives in a 30-minute span. The attacks left another outpost of Iraq's dwindling Christian community frightened Monday that it could become caught in the struggles over disputed Kirkuk.

"Innocent people who have no relation with politics and never harmed anyone were killed by terrorists in their homes just because they were Christians," Chaldean Archbishop Louis Sako told more than 600 mourners in this ethnically diverse city.

The motives behind the late Sunday attacks remained unclear, with suspicions mostly falling on Sunni insurgents linked to al-Qaeda in Iraq.

But fear of reprisals have become common among members of one of the world's oldest Christian homelands.

Iraq's Christians, who numbered about 1 million in the early 1980s, are now estimated at about half that as families flee warfare and extremist attacks that target their churches and homes. (AP)

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World

In Brief

IBRAHIM USTA/AP

Smoke rises from a building after police and a leftist militant clashed in Istanbul.

ISTANBUL

Police Shootout vs. Leftist Militant Leaves 3 Dead

A police crackdown on radical groups in Istanbul on Monday led to a five-hour shootout with a leftist militant who hurled explosives and opened fire from an apartment building. Three people were killed and eight others were injured, the government said. The militant attacked police as they closed in on him during a police sweep against leftist, Kurdish and other radical groups operating in the city. (AP)

TEHRAN, IRAN

Jailed U.S. Journalist 'Very Weak' on Hunger Strike

An American journalist jailed in Iran for allegedly spying for the U.S. is vowing to remain on a hunger strike until she is freed even though she is "very weak," her father said Monday. Roxana Saberi, who has been on a hunger strike for a week, was convicted of espionage more than a week ago and sentenced to eight years in prison after a one-day trial. (AP)

COLOMBO, SRI LANKA

Government Agrees to Stop Airstrikes on Battle Zone

Sri Lanka agreed to stop firing heavy weapons into the war zone to safeguard thousands of civilians trapped there but resisted pressure Monday for a truce in its war with the Tamil Tiger rebels. The rebels accused the government of violating its vow by launching airstrikes from three sides on a village in a densely populated no-fire zone, a pro-guerrilla Web site reported. (AP)

Local

BOB BROWN/RICHMOND TIMES-DISPATCH/AP

Former president Bill Clinton, left, joins Virginia gubernatorial candidate Terry McAuliffe, right, for a rally in Richmond, Va.

McAuliffe Calls on Clinton

Former president says candidate is 'made for' being governor of Va.

RICHMOND, VA. | Former president Bill Clinton told a crowd in downtown Richmond that his best friend Terry McAuliffe should be elected the next governor of Virginia to get the economy back on track.

"He was made for this moment," Clinton said. "He's been a great businessman. He's been a terrifically effective political leader. He has energy, and he cares."

McAuliffe is in a tight race for the Democratic nomination contest scheduled for June 9. He is facing Brian Moran and Creigh Deeds, both candidates with extensive legislative experience and long-standing ties in local political circles.

McAuliffe, by contrast, is a political newcomer to Virginia, but he brings into the campaign a long list of national Democratic contacts that starts with the former president.

"Look, everyone knows he is one of my closest friends," Clinton told the crowd of about 400 people. "So, look, I'd be here regardless. Everyone knows that. The press says, 'Oh, well, Terry McAuliffe has raised million of dollars for Bill Clinton. He has to show up.' And that's absolutely true. ... But here's what I want to tell you. I am here today for reasons that go way, way beyond that."

Clinton's message at the morning rally was no surprise. But his appearance began to address one of the biggest questions about the Democratic primary — namely, to what extent would McAuliffe make use of the former president, both to raise money and to generate crowds and media attention? The answer seems to be plenty.

ANITA KUMAR (THE WASHINGTON POST)

The Lotteries

Monday, April 27

DISTRICT

Mid-day Lucky Numbers	1-7-3
Evening Lucky Numbers (Sun.)	0-3-9
Mid-day DC 4	4-8-2-3
Evening DC 4 (Sun.)	3-4-9-9
Rolling Cash Five (Sun.)	2-7-14-20-34
Daily 6 (Sun.)	3-6-16-21-25-33 (32)

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

MARYLAND

Mid-day Pick 3	6-7-5
Evening Pick 3 (Sun.)	1-2-4
Mid-day Pick 4	2-9-7-6
Evening Pick 4 (Sun.)	4-6-3-7
Match 5 (Sun.)	9-22-28-36-38 (1)

VIRGINIA

Mid-day Pick 3	6-8-3
Evening Pick 3 (Sun.)	7-9-3
Mid-day Pick 4	8-5-9-6
Evening Pick 4 (Sun.)	0-5-3-7
Mid-day Cash 5 (Sun.)	4-26-28-31-33
Evening Cash 5 (Sun.)	2-12-17-22-28

HEARSAY | AIDS IN D.C.

"It is difficult to conceive that [Catania] would threaten [an] AIDS clinic over a matter he admits is personal."

—DONALD BLANCHON, CEO OF THE WHITMAN-WALKER CLINIC, WHICH D.C. COUNCIL MEMBER DAVID CATANIA HAS ACCUSED OF FINANCIAL IMPROPRIETIES.

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A SPECIAL SECTION of The Washington Post
Wednesday, April 29

Get the inside account of the early days of the Obama presidency—of a new administration grappling with daunting challenges, and a first family adjusting to life in their new home—in this special section of stories and photos.

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Local

Search for Boy Continues

Police say 11-year-old fell into Potomac on fishing trip with dad

Emergency crews and search boats returned to the Potomac River south of the Chain Bridge Monday morning to try to recover the body of an 11-year-old boy believed to have drowned in the strong current Sunday night.

The youth slipped off rocks during a fishing expedition with his father about 75 yards south of the bridge, a D.C. fire department spokesman said.

The current in that area is regarded as deceptively swift, and the water level and rate of flow have risen in recent days because of rain upstream.

After hours of futile searching Sunday night, authorities said they no longer expected to find the child alive.

Authorities said the father tried to reach the child after he slipped into the water, but then the father had to be rescued himself.

The section of the Potomac River downstream from Chain Bridge has been the site of many accidental drownings. MATT ZAPOTOSKY AND MARTIN WEIL (THE WASHINGTON POST)

GERALD MARTINEAU/TWP

Two men fish in the Potomac near Fletcher's Cove on Monday as police search for the 11-year-old boy who slipped into the river Sunday while fishing with his father.

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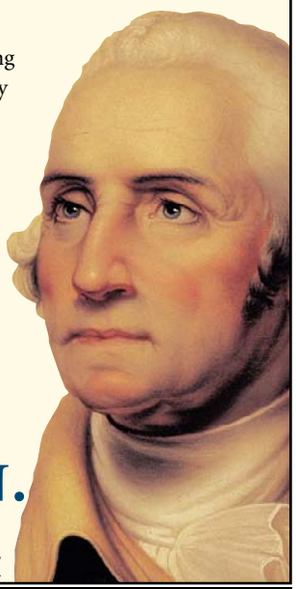

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Money

Flu Gives Investors Pause

Wall Street adopts wait-and-see stance on global health scare

NEW YORK | The swine flu gave Wall Street a reason to turn cautious.

The Dow Jones industrial average gave up a midday recovery and retreated about 0.6 percent Monday as the swine flu's death count in Mexico grew to about 150 people from 100.

Investors were also mindful of previous health scares that had only short-term jostling effects on the market including bird flu, mad cow disease and the West Nile virus — none of which ever escalated into global pandemics.

RICHARD DREW/AP

The stock market dropped slightly Monday on fears about the swine flu.

Still, Wall Street decided to hedge its bets as the U.S. cases of swine flu doubled to about 40.

Ryan Larson, senior equity trader at Voyageur Asset Management, said the flu was a "wild card" for the market. "It's still a little bit early to go into panic mode, but it's definitely something that needs to be watched closely," he said.

The Dow fell 51.29, or 0.6 percent, to 8,025.00. Broader stock indicators also closed lower. The Standard & Poor's 500 index fell 8.72, or 1 percent, to 857.51, and the Nasdaq composite index fell 14.88, or 0.9 percent, to 1,679.41. (AP)

PUBLISHING Another Portfolio Disappears The business magazine Portfolio is closing down and laying off more than 80 people, just two years after launching with $100 million in backing and visions of becoming a rival to the likes of Fortune, Forbes and BusinessWeek. Conde Nast Publications said the May issue of the magazine, which is on newsstands now, will be Portfolio's last. (AP)

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Money

Banks Review Results Of Crucial Stress Test

Sources: Some execs are lobbying the Fed to raise their scores

J. SCOTT APPLEWHITE/AP FILE

The Federal Reserve building, above, is seen in Washington in this file photo.

WASHINGTON | As executives of the largest U.S. banks review their stress-test results, even the top performers are lobbying regulators to raise their scores before the numbers are finalized Friday.

Any banks found to need more capital face tough choices that would hurt shareholders and put taxpayer money at greater risk.

The Federal Reserve on Friday privately gave the 19 largest financial firms early results of tests designed to see how they would withstand a harsher recession.

Executives sifted through the data over the weekend, devising arguments they hope will persuade regulators to boost their scores, according to two industry officials. Banks have until Tuesday to make their cases. They will receive the final test results Friday, and the information will be released publicly May 4.

The results will determine the fates of the companies, which together hold half of the U.S. banking system's loans. (AP)

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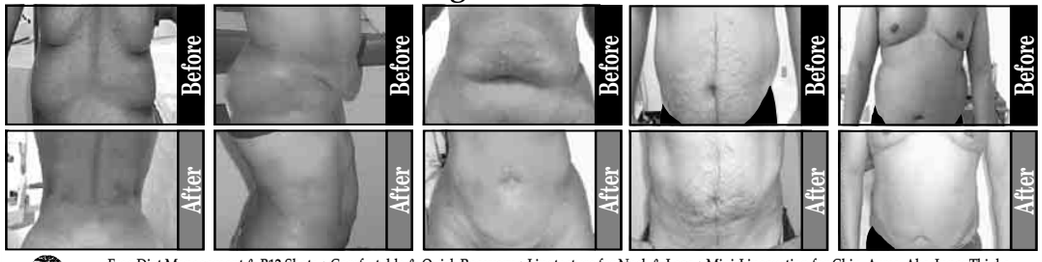

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Sports

Young Caps Count on Experience

Team seeks a better outcome than last year's Game 7 loss

CAPITALS | There were about 80 minutes until the biggest game of the season at the World's Most Famous Arena Sunday when the Capitals showed just how much they have learned since last year's devastating first-round series loss to Philadelphia in a Game 7.

In Madison Square Garden stood the nucleus of the Caps — Alex Ovechkin, Mike Green,

7 P.M. | CSN
Tuesday

THE SERIES

Nicklas Backstrom, Alexander Semin and Brooks Laich — in a circle volleying a soccer ball to warm up, laughing and making jokes whenever somebody failed to keep the ball in the air.

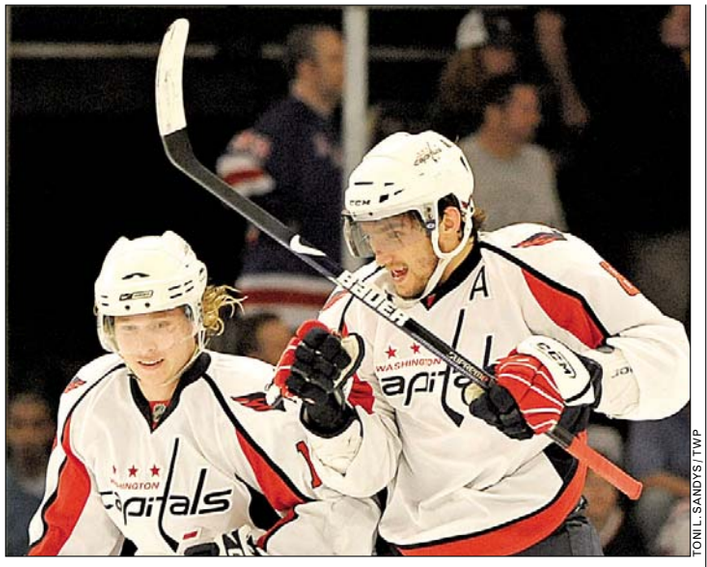
With Game 6 and their season on the line in a mere hour, it was a striking scene showing the cool and relaxed demeanor these Capitals have assumed since falling behind the Rangers 3-1 in this year's best-of-seven series.

Heading into Tuesday's winner-take-all Game 7 at Verizon Center, the Capitals are counting on their experience facing elimination to move onto a potential second-round matchup with either Pittsburgh or New Jersey — which is ironic when you consider six of the team's top seven scorers during the regular season are no older than 25.

"We know what it's like to play desperate hockey," said Green. "Maybe that's why we're calm."

The same can't be said for the reeling Rangers, who have gone from thinking about an unlikely upset to a disappointing collapse in a matter of days.

That's exactly what has coach Bruce Boudreau worried, though. The Rangers are no longer favorites, and the pressure has switched back to the Caps. "We'll see how they handle it when they're expected to win," Boudreau said about his team. "We know we haven't won anything or succeeded in anything. We're still playing for our survival." MARK GIANNOTTO



TONI L. SANDYS / TWP

Nicklas Backstrom and Alex Ovechkin had much to celebrate during the Capitals' Game 6 victory over the Rangers Sunday. The teams play Game 7 on Tuesday night.

WHAT TO WATCH FOR

- **Who scores first**: The team that scores first is 5-1 in this series
- **Will the real Henrik Lundqvist please stand up?**: Ranger goalie has alternated between brilliant (.955 save percentage in three wins) and mediocre (4.33 GAA in three losses).
- **Extra security**: What will be the ramifications of Water Bottlegate and the Rangers' subsequent letter to the NHL detailing vulgar Verizon Center fan behavior?
- **Obama sighting?** Caps owner Ted Leonsis offered a formal invitation to the president on his blog Monday.

Brashear Hit With Suspension

Capitals enforcer barred for 6 games after leveling Betts

CAPITALS | Washington forward Donald Brashear was suspended Monday by the NHL for a total of six games — five for what the league called a "blind-side hit" on Rangers center Blair Betts — and will miss Game 7 of the teams' first-round playoff series.

Brashear

In addition to leveling Betts midway through the first period of the Capitals' 5-3 victory Game 6 on Sunday, Brashear made contact with Colton Orr in pregame warm-ups and was barred from one game for that. Betts has a broken bone in his eye socket and was ruled out of Tuesday night's series-deciding game in Washington.

Brashear is Washington's top enforcer, accumulating more than 40 more penalty minutes than anyone else on the team's roster this season despite missing 19 games. (AP)

NBA PLAYOFFS **Big Ben Watch** Chicago Bulls star Ben Gordon is listed as day-to-day after an MRI confirmed he has a strained left hamstring. Gordon was hurt in the second quarter of Sunday's game, and then sent Game 4 into a second overtime with a 3-pointer with 4.5 seconds left. The Bulls beat the Celtics, 121-118, tying the series 2-2 with Game 5 in Boston on Tuesday night. Gordon is the leading scorer in the series with 24.8 points per game and scored 42 in Chicago's 118-115 loss in Game 2. (AP)

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Sports

The Magic Is Back Courtesy Turkoglu

Game-winning shot gives Orlando needed boost against Philly

NBA | A painful playoff run for Hedo Turkoglu and Rashard Lewis is finally showing a little promise.

The Orlando Magic forwards have not only struggled with kinks in their jump shots, but they have also had injuries on their minds. So, it was only fitting that they teamed up on the play that could change the series for the Magic against the Philadelphia 76ers.

Turkoglu hit a 3-pointer over Thaddeus Young with 1.1 seconds remaining Sunday after Lewis set a pick that forced the switch, evening the first-round series at two games each. The Magic hopes that will be the confidence boost it needs to get the team out of its slump when the best-of-seven series resumes Tuesday in Orlando for a pivotal Game 5.

"We're going to have some fun at home," Turkoglu said. "It's a totally new series now."

ANTONIO GONZALEZ (AP)

MICHAEL PEREZ/AP

Hedo Turkoglu hit the game-winning 3-point shot Sunday to beat the 76ers.

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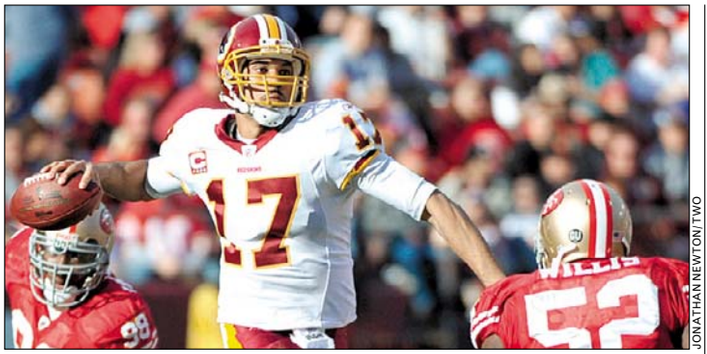
Campbell Opts to Look Forward

QB set to lead team in minicamp after nearly being replaced

REDSKINS | Jason Campbell said on Monday he is eager to participate in minicamp this weekend and isn't "interested in looking back at everything that's happened."

Campbell commented on his tumultuous offseason, the Redskins' efforts to replace him and the team's draft class before his golf tournament — which benefits the Leukemia & Lymphoma Society's (LLS) National Capital Area Chapter — began in Potomac Falls, Va.



JONATHAN NEWTON/TWO

Jason Campbell said he will put aside any trade speculation and focus on football.

With the Redskins beginning their second season under coach Jim Zorn, Campbell plans to help the coaching staff set the right tone as the team returns to the practice field Friday, he said.

"Once you get to this point, it's all about putting everything else aside and just going out there to be the type of leader your coaches and teammates expect you to be," Campbell said. "I'm the quarterback of this team, I know Coach Zorn and the whole coaching staff is counting on me, and I haven't put in all this hard work to go out there now and let everybody down."

Campbell declined to speculate on whether he would have reported to minicamp had USC quarterback Mark Sanchez, instead of Texas defensive end Brian Orakpo, been introduced as the newest Redskin Monday, "because that's not even what I'm thinking about," he said. "A lot of stuff has happened, and you wish a lot of it didn't, but you can only move forward." JASON REID (THE WASHINGTON POST)

TODAY'S TV LINEUP

CAPITALS (7 P.M. ON CSN AND VERSUS) Having staved off elimination twice already, the Capitals face the Rangers in Game 7 of their series at Verizon Center.

NATIONALS (7 P.M. ON MASN) John Lannan and Cole Hamels are looking for their first wins this season when the Nationals visit the Phillies.

ORIOLES (7 P.M. ON MASN2) The Orioles start a home series against the Los Angeles Angels of Anaheim.

NBA PLAYOFFS (7 P.M. AND 9:30 P.M. ON TNT) Game 5 of the thrilling Celtics-Bulls series is on, followed by the Mavericks looking to oust the Spurs in Game 5.

SOCCER (2:30 P.M. ON ESPN2) Chelsea visits Barcelona in the Champions League semifinals.

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Sports

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THE REDSKINS | BY MATT SWENSON

Redskins Luck Out in the Draft

JOHN MCDONNELL/TWP

Head coach Jim Zorn introduces first-round draft choice Brian Orakpo on Monday.

EVEN VINNY CERRATO acknowledged that the Redskins got lucky this weekend.

Mark Sanchez is a New York Jet, and Brian Orakpo fell to the 13th pick. Washington could not have asked for anything more.

For years, we've railed against Cerrato and Dan Snyder's throwing away draft picks while focusing their energy on high-priced, famous free agents. For once, it paid off. You see, that strategy saved the Redskins from themselves.

The team didn't have enough draft picks to move high enough to take Sanchez, the standout quarterback from USC.

As a result, presumably, there will not be a controversy over the signal caller this season.

Jason Campbell, so close to being tossed aside twice this off-season, will get one year to prove he is Washington's quarterback of the future. And because the Redskins were foiled in their attempts to get Jay Cutler and Sanchez, they still have next year's draft picks.

Almost a bonus, Orakpo fills a genuine need. When was the last time the Redskins had a standout pass-rushing defensive end?

Between Orakpo and Albert Haynesworth, Washington seems to have a threatening defensive line. All of a sudden, the Redskins look like they know what they are doing — even if they got lucky doing it.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

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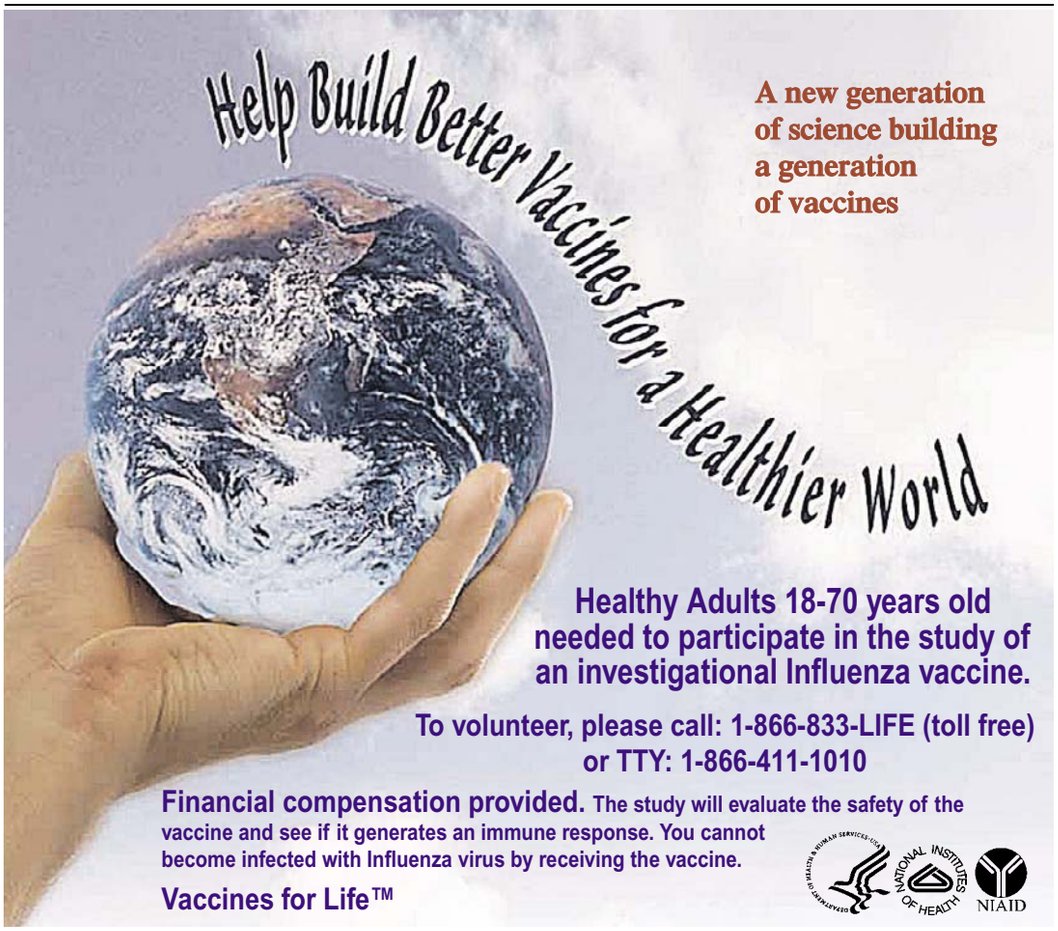

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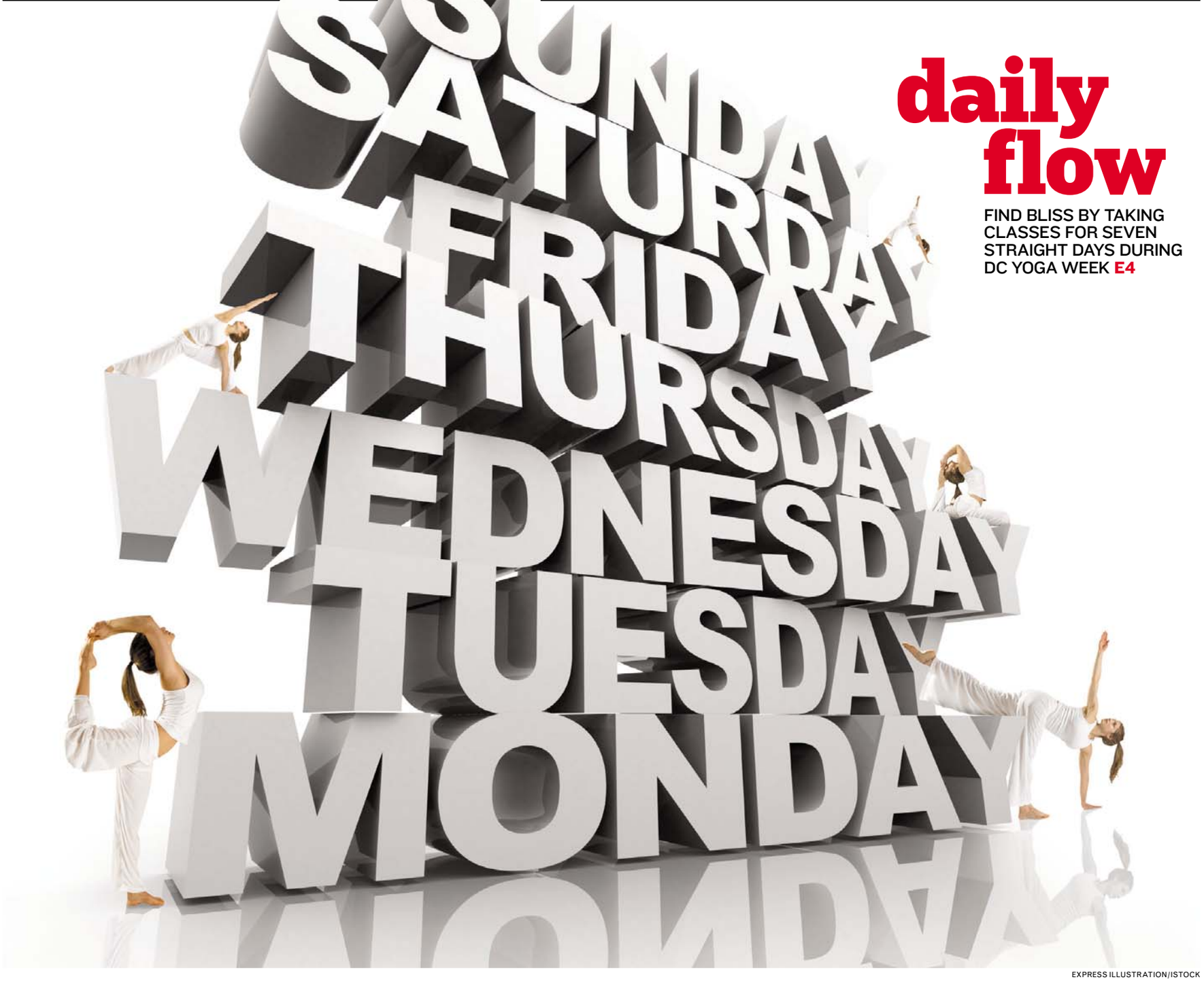

daily flow

FIND BLISS BY TAKING CLASSES FOR SEVEN STRAIGHT DAYS DURING DC YOGA WEEK E4

EXPRESS ILLUSTRATION/ISTOCK

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GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

The Danger of Rummaging Through Ex Files

Q I am with a woman who has a much more active track record than I do, dating-wise. She is only two years older than me but has had several long-term serious relationships, and was once engaged. I don't have a lot more than the usual stuff: a few relationships here and there that never lasted more than a couple months. I didn't think this was a problem, but, lately, I can't get this out of my head. I am focusing a lot on her exes, even though I've never met them. – UGH

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This is one of those issues that could quickly and smoothly disappear into non-problem-hood or could also turn into the relationship equivalent of a large, festering boil. It all depends on the underlying reasons.

Is it actually her past that's bothering you or the way it affects her present? Is she prone to talking about exes or dwelling on the epitaphs in her relationship graveyard?

Or is this about your being self-conscious about your lack of blockbuster roles as the romantic lead? Or are you judging her — secretly condemning her choices, worrying that she can't really be into you? If it's the awkward, typical discomfort of imagining someone you care about getting kissy-kissy with someone else, that should fade away as you become more secure and serious. If it's an issue with something that one of you is doing, though, you've got to address that deeper problem.

Laying Off the Layoff Talk

Q My husband is constantly stressed about his job. A few co-workers have been let go, and there is talk of more layoffs. The thing is, my job is very stable, and our expenses are low. But my husband is losing sleep and not wanting to take off work for important stuff (like doctor appointments). It's all he talks about, and he's cranky. I try to reassure him that we'll make it work no matter what happens. I even have told him to start looking for another job if he's so worried about it. But he won't do anything about it. He's making both of us miserable. – HELP PLEASE

It's possible that he is depressed or that his anxiety has reached a level that calls out for professional treatment — so keep on the lookout for any signs of hopelessness, further physical problems or unhealthy habits (food and drink are frequently implicated).

With many adults, and some would say especially with men, the ability to hold down a solid job is a fundamental part of their identity. He needs to be reminded how valued and competent he is as a whole person, how much he is loved and (once again) how this isn't an emergency. Be careful not to put him on the defensive or invalidate his concerns, though you have every right to express how his behavior is making things (understandably) difficult for you.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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TEST TUBES

Compared to the lady to the left, this tube looks ginormous. But it's really two tiny doses (.17 oz.) of Mark Hook Ups skin care treatments ($8 each, Meetmark.com). Sneak anti-acne blemish gel, pore minimizer, lip smoother or eye depuffer in your purse — or even your carry-on bag.

KNOCK IT OFF

"The Belly Off! Diet" ($19, Rodale) might just deserve that exclamation point in the title. The book delivers practical, actionable advice (love the two-minute exercise drill for wake-up time) in language that's not painfully touchy-feely. And the recipes are for guy-friendly stuff like ribs and chili.

PLAIN GRAINS

A lot of healthy foods these days try to fool your taste buds into thinking they're naughty. But not Cream of Wheat Healthy Grain ($4, grocery stores). The breakfast mush has 7 grams of protein, 6 grams of fiber and no sugar. Our advice: Be nice to your gullet and swirl in some honey.

GUINEAPIG

Give Your Teeth The Brush-Off

■ Breath mints can usually mask an unpleasant odor, but when you down an everything bagel and wind up with poppy seeds lodged between your teeth, you're going to need something a bit more heavy-duty, such as Colgate Wisp ($2.39, drugstores).

The wee, single-use toothbrushes don't require water. You just start rubbing the (slightly stiff) bristles against your teeth and let the minty flavor seep in from the "freshening bead" in the center of the head. Saliva keeps the affair moist enough to not irritate. And for those stubborn seeds, turn the Wisp around and fish 'em out with the toothpick handle. Everything works as promised, and our breath even passed the highly scientific "let me breathe on you" test.

But while we dig the idea of dental hygiene getting easier, the eco-enthusiast side of us says this is a solution best reserved for emergencies.

VICKY HALLETT (EXPRESS)

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BODYTALK

COURTESY JENNIFER SALINAS

Mama Said Knock You Out — Really

■ Jennifer Salinas is a petite, 123-pound, 26-year-old mother of two. And she'd love to shove a fist into your skull.

Why the passion for boxing? "I don't mind pain, and I like causing pain," explains the featherweight, who'll be making her return to the ring this Saturday night at the Patriot Center ($20-$500, Ticketmaster.com) after a two-year maternity leave. Expect a punchy match: "There will be blows from the get-go. We don't take our sweet time like men."

Whether or not she accumulates another career knockout — she's already racked up three — she'll certainly win over folks who didn't think a little lady could jab-hook like that. Salinas has already convinced her students at the Chantilly and Reston branches of L.A. Boxing (Laboxing.com), where she's the only female instructor.

"It's motivating for them to see me," say Salinas, even though few of her students have dreams of competing themselves. Mostly, they're interested in self-defense and getting in shape.

And Salinas is also a darn good role model for the latter. She credits her boxing training with keeping her in fighting form — four hours of exercise a day (including cardio, loads of abs work and sparring with male partners) tends to buff up one's body even through two pregnancies.

Now that's one mom you don't want to mess with. V.H.

EXPRESS ILLUSTRATION/GETTY IMAGES

Practice Makes Perfect

Take advantage of Yoga Week to start hitting the mat regularly

Bargain hunters already view the annual D.C. Yoga Week (May 2-9, Dcyogaweek.com) as a deal — 12 local studios are offering a slew of free and $5 classes. But if you want to score something extra, try to strike a pose every day of the promotion.

"For $35, you'll have bliss at the end of the week," promises Kim Weeks, owner of Boundless Yoga (1522 U St. NW; 202-234-9642; Boundlessyoga.com), who classifies the folks who come into her studio as either enthusiasts (who come in about once a week) or students (who practice at least three times a week).

"There's a huge difference — in digestive, respiratory, skin, sleep and nervous system benefits. Enthusiasts get some of them, but they don't have time to take root," Weeks says.

Convincing newbies to make that leap, however, can be trickier than mastering flying crow. John Shoemaker, founder of Unity Woods (four area locations, Unitywoods.com), starts by encouraging the smallest steps. "I tell my students that if they do one pose a day, they've practiced," he says. "If you want to learn to play the piano, you need to practice every day. It's the same with yoga."

For proof, Shoemaker points to the yoga retreats he regularly leads. Some people sign up simply expecting a relaxing holiday, but they end up realizing what consistency can do for their efficacy.

To encourage others to have such an experience, several area studios offer incentives for regularly attending classes.

Flow Yoga Center (1450 P St. NW; 202-462-3569; Flowyogacenter.com) promotes a 30-day challenge — that's 30 classes in 30 days — as a way to get into the habit. Although owner Debra Perlson-Mishalove says some participants view it as a boot camp that'll slim them down, the majority are chasing after those glimpses of calm they've had after class but haven't been able to sustain.

That was the case with Heidi Huntley, 34, a high school teacher looking to jettison stress, who finished her 30 days in late March. "I'd walk back home and be so cheerful and notice the birds instead of focusing on work stuff. It became addictive," she says. And it didn't hurt that there were unexpected physical benefits, too: She picked up handstand without even trying, and felt her posture improve, which boosted her energy.

If a solid month sounds daunting (and it did to Huntley), then consider the 90-day challenge at Bikram Yoga Dupont (1635 Connecticut Ave. NW; 202-332-8680; Bikramyogadc.com). Even owner Carolan Sudol admits it isn't for everyone, especially because the style at the studio involves a demanding 90-minute series in a heated room.

Think of that as a yoga marathon, and Yoga Week as a 5k — a more doable proposition, particularly if you head into it knowing you can change your strategy based on how you're feeling.

"You want to tread gently with yourself. Check in and make sure it's still serving you," says Perlson-Mishalove, whose practice shifts radically from grueling to meditative depending on her mood. "If it's not, who cares if it's a habit?"

VICKY HALLETT (EXPRESS)

PEEK AT YOGA WEEK

➜ In addition to the $5 and free classes, there are other discounts to be had: Both Capitol Hill Yoga (Capitolhillyoga.com) and Quiet Mind (Quietminddc.com) are offering 10 percent off class passes during the promotion.

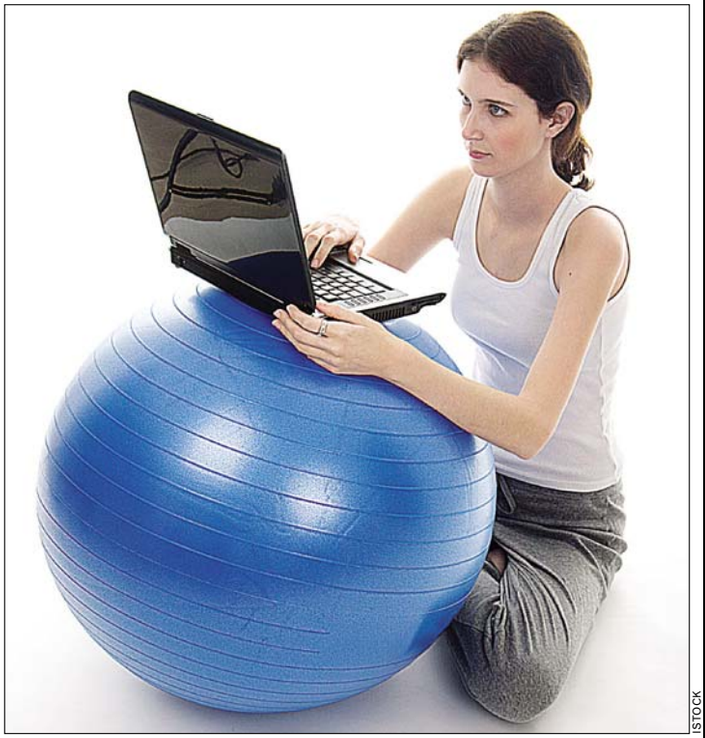
➜ Music fans should schedule a visit to Studio Serenity (Studioserenity.com) on May 4 and 5, when classes will be accompanied by a harmonium player. On May 8 at Spiral Flight (Spiralflightyoga.com), you can "Rock Your Shakti" at a Vinyasa class set to rock 'n' roll.

➜ Mark the end of the week with a yoga free-for-all on the National Mall (May 9, 2-5 p.m., at 15th Street and Constitution Avenue NW).

Phys Ed | fit

Muffin Top vs. Laptop

Personal trainers can motivate and monitor you via the Internet



ISTOCK

Personal training doesn't need to be done entirely in person — now you can have a fitness routine designed and monitored by someone you've never met via the Internet and the phone.

Such coaching has become enormously popular in the past few years, with options ranging from little or no trainer interaction to others that provide extensive one-on-one phone coaching.

Ken Alan — a spokesman for the American Council on Exercise and a lecturer in kinesiology at California State University, Fullerton — offers a few tips for making this hybrid form of training work.

Cheating doesn't pay

Remember that you don't have license to cheat just because your trainer can't see you. You'll only be wasting your time if you don't give the process your all. Be fully committed to your fitness program, and be open to trying different things, such as cycling, dancing or hiking. "A trainer needs to find out what's necessary to get the client moving so that they'll enjoy exercising and it doesn't feel like work," Alan says.

Make sure you click

Make sure you're comfortable with the trainer during the initial one-on-one sessions. A strained or uncomfortable relationship won't get better, even online. It might take a few tries before a good match is made. "You might start getting e-mails," Alan says, "and discover the trainer is a drill sergeant, when you really wanted someone more compassionate."

Set parameters

Establish how often you want to interact with your trainer and by which means — e-mail, text messages, phone, snail mail, etc. Ask how progress will be measured, beyond shedding pounds. "If someone's goal is to lose 10 pounds and they only lost two, their trainer can show them other areas where they've had success and made improvements," Alan says. This ultimately will make it easier to stick to a plan.

Do a background check

Work only with trainers who are qualified to meet your needs (that means they need to be certified by a reputable organization). Here are a few established places to start that offer a variety of services, with prices starting at $16 a month:

➜ **WORKOUTSFORYOU.COM**: One appealing feature of this site is the varying levels of training programs, from a bare-bones plan with non-customized workouts and the exercise demo library, to the option of custom cardio and strength-training workouts and weekly trainer e-mails.

➜ **WELLCOACHES**: Clients are matched to coaches who will best meet their needs, and counseling via phone and Internet is done with a holistic approach, tackling other issues such as stress and goal planning.

➜ **GLOBAL HEALTH & FITNESS**: Members are assigned to their own trainer, and get personalized training and nutrition programs, fitness videos, podcasts and 24-hour access to the site's experts.

➜ **PLUS ONE ACTIVE**: The site offers workout plans, goal tracking and access to trainers. Trainer bios are online, allowing potential members to see their qualifications. JEANNINE STEIN (LOS ANGELES TIMES)

event horizon

➜ What's the question? We're not sure. But Dance is the Answer (Danceistheanswer.org) — a smorgasbord of free classes, workshops, open rehearsals and performances of fancy footwork — continues through May 3.

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fit | Nutrition

ISTOCK

NICE SPICE: Keep your taste buds busy with cloves and they won't miss the sugar.

Sweet Dreams Can Come True

Cut back your calorie intake with these three sugar solutions

Here's a sweet surprise: Some sugar does have health benefits. Trade your usual packaged fare for no-added-sugar versions and flavor them with these good-for-you sweeteners. You'll satisfy your sweet tooth, boost your health, and save calories.

Antioxidant-packed sweeteners:

Molasses, brown sugar, maple syrup and honey all have intermediate to high levels of the disease-fighting compounds, according to a new Journal of the American Dietetic Association study.

➜ **SWEET SAVINGS:** One packet of maple and brown sugar instant oatmeal has 160 calories; one packet of plain instant oatmeal topped with 1 teaspoon each of maple syrup and brown sugar has 127.

Fresh, frozen or unsweetened dried fruit:

Research links a diet high in fruit with a decreased risk of cardiovascular disease, thanks to its high levels of health-promoting vitamins, minerals and antioxidants.

➜ **SWEET SAVINGS:** Six ounces of strawberry fruit-on-the-bottom yogurt packs 170 calories; 6 ounces of nonfat plain Greek yogurt blended with 1/4 cup of sliced strawberries has 112.

A dash of spice:

Cloves and cinnamon can lend sweetness to foods while adding minimal calories. A study in the Journal of Agriculture and Food Chemistry found that these spices were among the highest in antioxidants out of 30 plants tested.

➜ **SWEET SAVINGS:** One 16-ounce Cinnamon Dolce Latte from Starbucks has 330 calories; a 16-ounce Caffe Latte topped with cinnamon has 192. RACHEL MELTZER

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STETHOSCOPE

ISTOCK

SAFETY

Don't Branch Out

■ If you're looking for job safety when picking a career, steer clear of the tree care business. According to a study published in the Morbidity and Mortality Weekly Report, an average of 80 workers in the field died each year in the U.S. between 1992 and 2007. Trimming and pruning trees were the riskiest tasks, resulting in nearly half the deaths.

OBESITY

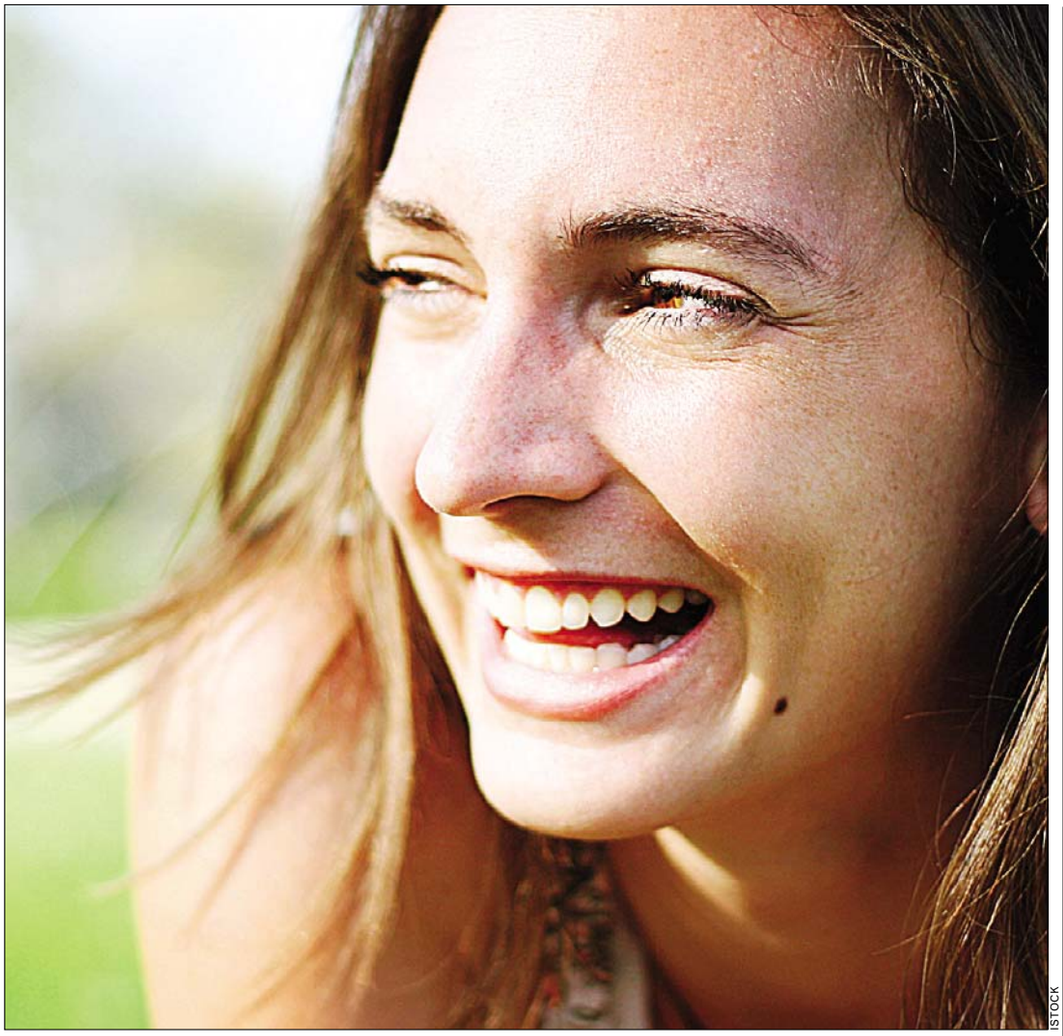
Eat a Low-Carbon Diet

■ There's a new way to be eco-friendly: Lose weight! Research published in the International Journal of Epidemiology found that places where people are obese (such as the good old USA) require more food and produce more greenhouse gases than places with skinnier populations (such as Vietnam).

AGING

Be Calm, Live Long

■ Hey, basket cases, here's another reason for you to freak out: The New England Centenarian Study at the Boston University School of Medicine surveyed the offspring of people who'd lived to 100 (because longevity is believed to be hereditary) about their personality traits. The researchers found that the group was generally less neurotic and more extroverted than the average person. The theory is that these people handle stress better and have more friends to turn to in times of need, which could extend their lives.



ISTOCK

Psyching Out Sickness

Add brainpower to your medicine cabinet to heal these ailments

You may not know it, but you have a doctor who's always on call — and he's right between your ears. Here are five ways you can harness your mental medicinal powers.

ONE

AILMENT: Allergies

MENTAL MEDICINE: Laughter

Queue up the gut busters when allergies strike. Participants in a Japanese study were less affected by allergens after seeing a funny film but sneezed more after viewing a serious one. Laughter revs up your parasympathetic nervous system, preventing allergens from taking hold.

YOUR THERAPY: Add sidesplitting DVDs to your Netflix queue — we highly recommend "Hot Fuzz." For a daily dose, check out Funnyordie.com, a video-clip site from Will Ferrell and "Anchorman" director Adam McKay.

TWO

AILMENT: Cuts and bruises

MENTAL MEDICINE: Good deeds

A good Samaritan act can speed your recovery by at least a day. "Healing is delayed an additional day by hostile interactions," says Janice Kiecolt-Glaser, a professor of psychiatry at Ohio State University. "But a positive interaction boosts cytokines — chemicals that recruit cells that are needed for making repairs — in the area around the wound."

YOUR THERAPY: Surprise your mate with dinner, or send a card to your grandma or a check to your favorite charity. Pay it forward and you'll be cured in no time.

THREE

AILMENT: Heart Disease

MENTAL MEDICINE: Optimism

Purging pessimism can help your ticker. Men who scored high on an optimism test were 55 percent less likely to die of cardiovascular disease than those with defeatist dispositions, says a study in Archives of Internal Medicine.

YOUR THERAPY: Start by taking a weekly inventory of what you're grateful for — friends, family, anything — and avoid feeling resentful about what you still don't have. Focusing on gratitude increases optimism, according to a recent study in the Journal of Personality and Social Psychology.

> **Just visualizing lifting weights can actually build your muscles and speed your healing.**

FOUR

AILMENT: Muscle injury

MENTAL MEDICINE: Visualization

Imagine a workout to boost recovery. Just visualizing lifting weights can actually build muscle, speeding healing, say Cleveland Clinic researchers. In their study, men who visualized working out their biceps saw a 13 percent increase in muscle mass — without lifting a single weight.

YOUR THERAPY: For 15 minutes a day, imagine exercising your injured muscle, clearly visualizing the muscle. Imagine every detail — the pressure, the range of motion, the muscle flexing and stretching, says sports psychologist Trent Petrie.

FIVE

AILMENT: Fatigue

MENTAL MEDICINE: Hearing music

Just like listening to the radio when you're red-eyed on the road, tuning in to music at your desk will help you focus on the task at hand, Japanese researchers found. Music triggers a relaxation response, muffling unproductive temptations and letting you tackle your work, says Larry McCleary, author of "The Brain Trust Program."

YOUR THERAPY: Plug into your iPod or call up Pandora.com when you feel a dip. It doesn't matter what type of music you listen to, as long as it's something you choose, research shows. (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

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Are available for study duration (up to 5 years)

You will be provided:
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The study is called "DNA-Ad Malaria Vaccine Trial in Malaria-Naïve Adults in the United States."

Location:
Walter Reed Army Institute of Research, Silver Spring, MD

CONTACT
Clinical Trials Center
301-319-9660, toll free at 1-866-856-3259
www.wrairclinicaltrials.com

Does Someone You Care About Have A Seizure Disorder?

Washington Hospital Center is looking for patients to participate in a research study for a new anti-seizure medication

- Diagnosed with partial onset seizures
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- At least 18 years old

If you qualify to participate in this study, you will receive research medication, medical examinations, including blood testing and ECGs (measurement of heart electrical activity), at no charge.

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This study is sponsored by the National Institute on Drug Abuse

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Malaria is a public health problem in over 90 countries

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If you are a healthy adult between the ages of 18 and 50 and would like to volunteer, please contact:

Clinical Trials Center
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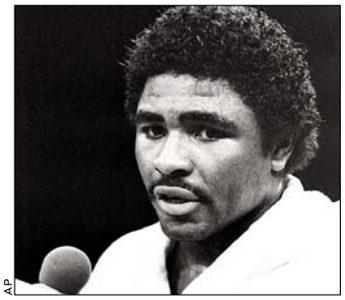
Sports

In Brief



AP

Former WBA champion Greg Page died of complications related to injuries.

OBITUARY

Ex-Heavyweight Boxing Champion Page Dies at 50

Greg Page, a former heavyweight boxing champion who suffered a severe brain injury in a 2001 fight, has died at his Louisville home. He was 50. His wife, Patricia Page, said the one-time World Boxing Association champion died of complications related to injuries he suffered in the fight. The March 9, 2001, fight left Page in a coma for nearly a week. He then had a stroke during post-fight surgery. He was paralyzed on his left side and received intensive physical therapy. (AP)

NEW YORK

Ex-NBA Star Williams Tasered at N.Y.C. Hotel

Officers stunned a drunken and agitated Jayson Williams with a Taser at a swank Manhattan hotel Monday morning after reports that the troubled ex-NBA star appeared suicidal, police said. Williams played nine seasons in the NBA before retiring in 2000. He was convicted in 2004 of trying to cover up the shooting death of his hired driver in February 2002. (AP)

HORSE RACING

Injured Quality Road To Miss Kentucky Derby

Quality Road is out of the Kentucky Derby. Expected to be among the favorites, Quality Road missed a final workout Monday morning at Belmont Park and was declared out of Saturday's Run for the Roses by trainer Jimmy Jerkens. (AP)

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Focus: religious freedom issues in Afghanistan, Pakistan, and India. Responsibilities: monitor developments in U.S. foreign policy and conditions of religious freedom and related human rights in the these three countries; develop policy recommendations to promote respect for human rights, including religious freedom, monitor recommendations implementation; analyze successes and failures of U.S. policy; draft briefing materials, reports, correspondence, and testimony; interact with representatives of religious communities and other NGOs, State Department and other U.S. government officials, foreign delegations, and academic and other experts; prepare briefing materials; organize Commission missions abroad, private briefings, public hearings, and conferences. Regional experience strongly encouraged and a graduate degree preferred. Knowledge of local languages a plus. Send cover letter and resumes to Jacqueline Mitchell at administration@uscirf.gov. For information about USCIRF, visit our Web site at http://www.uscirf.gov. NO PHONE CALLS.

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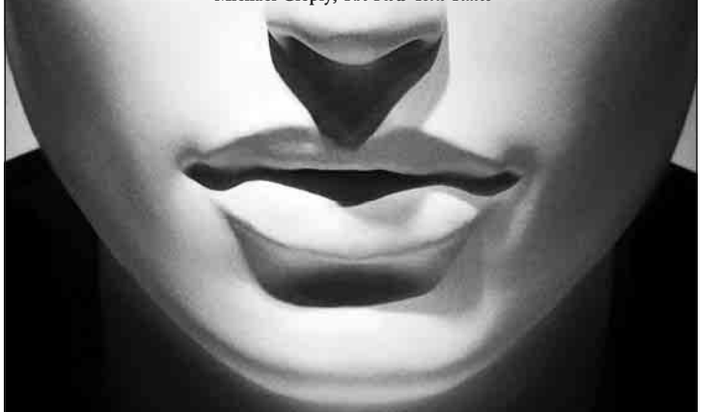

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"Pitch-perfect. Might make you choke laughing."
-Joshua Rothkopf, *Time Out New York*

JON FOSTER AMBER HEARD RHYS IFANS CHRIS ISAAK AUSTIN NICHOLS LOU TAYLOR PUCCI MEL RAIDO BRAD RENFRO

FROM THE AUTHOR OF *AMERICAN PSYCHO* AND *LESS THAN ZERO*

THE INFORMERS

SENATOR ENTERTAINMENT INC PRESENTS A MARCO WEBER PRODUCTION A FILM BY GREGOR JORDAN BILLY BOB THORNTON KIM BASINGER WINONA RYDER AND MICKEY ROURKE "THE INFORMERS" JON FOSTER AMBER HEARD RHYS IFANS CHRIS ISAAK AUSTIN NICHOLS LOU TAYLOR PUCCI MEL RAIDO BRAD RENFRO CASTING BY JOHN PARSIDERA C.S.A. MUSIC BY CHRISTOPHER YOUNG MUSIC SUPERVISOR JUSTIN MELDAL-JOHNSEN COSTUME DESIGNER SOPHIE DE RAKOFF EDITOR ROBERT BRAKEY PRODUCTION DESIGNER CECILIA MONTIEL DIRECTOR OF PHOTOGRAPHY PETRA KORNER EXECUTIVE PRODUCERS NICHOLAS JARECKI BRIAN YOUNG JERE HAUSFATER BRET EASTON ELLIS VANESSA COHEMAN PRODUCED BY MARCO WEBER BASED ON THE NOVEL BY BRET EASTON ELLIS SCREENPLAY BY BRET EASTON ELLIS & NICHOLAS JARECKI DIRECTED BY GREGOR JORDAN

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'Millionaire' Pair
Dev Patel and 'Slumdog' co-star Freida Pinto are officially a couple | 38

lookout

Covering All the Basics

University a cappella groups present their versions of Ben Folds classics on a new CD

MUSIC | Ben Folds has become quite the cheerleader for college a cappella. Not only has he invited collegiate groups to open for him at recent shows, but he has also devoted his latest album, "Ben Folds Presents: University A Cappella!" (Epic), to showcasing their versions of his songs.

It started last fall, when Folds put out an open call for groups to submit videos of their covers. After sifting through more than 250 submissions, he picked his favorites and then flew from school to school to record them himself. (Truth-in-advertising alert: One of these groups, the Newtones, is still in high school.)

Folds' songs translate to vocal arrangements remarkably well: the cover of "Magic" by the University of Chicago group Voices in Your Head is even more haunting than the original, while Washington University in St Louis' take on "Still Fighting It" captures the angst of growing up with a poignancy of a collegiate viewpoint that's completely different from the original father-son dialogue of the song.

Taking a different tack are two all-female groups: the University of North Carolina Loreleis take on "Jesusland," while the Gracenotes from West Chester College cover "Fred Jones Part II." Even without the lowest bass notes, these two songs still sound full, with the ladies' voices deftly conveying Folds' piano lines and female soloists tackling his light tenor melodies.

The album is far from perfect, of course, due in part to the project's self-imposed limitations. Folds and co. captured each group themselves. The result sounds more like a live album than the polished, slickly produced recordings that have come to be the norm in the college a cappella circuit. But despite the occasional flubbed note or audible breathing, the lo-fi, DIY feel of these recordings doesn't detract from the compelling covers.

Not to be outdone by a bunch of college kids, Folds chose to remake two of his songs, sans instruments, for this compilation. His new version of "Boxing" is a fairly straightforward take on the original, but reinterpreting the bouncing piano line in "Effington" as a vocal infuses the song with an infectious energy.

Folds' own a cappella efforts are interesting enough, but he is far outshone by the more innovative interpretations of the college groups he recruited to join him.

CATHERINE LEWIS

BIG HASSLE MEDIA

BASSES LOADED: College (and one high school) a cappella groups revisit Ben Folds Five songs; Folds himself does, too.

express nightout

Watch video of university a cappella groups' unplugged versions of Ben Folds songs. | **ONLINE NOW**

EXPRESSNIGHTOUT.COM/IDOL

ANDREW MILLIGAN/AP

The new and improved Susan Boyle.

A Look To Match The Voice

Will Susan Boyle's new makeover do her pipes justice?

BEAUTY | Britain is buzzing over singing sensation Susan Boyle's mini-makeover, with some worrying that her new look may cost her some support in the "Britain's Got Talent" competition that catapulted her to international stardom.

Boyle, 47, became an instant YouTube and Internet celebrity after appearing on the British TV show with gray frizzy hair, bushy eyebrows and a jowly face. The contrast between Boyle's looks and her angelic singing voice endeared her to viewers.

But on Friday, Boyle appeared on the cover of the Sun tabloid sporting dyed brown locks and newly shaped eyebrows.

"It's a 200 percent improvement," said Toni Jones, assistant fashion editor of the Sun. "But our readers think this is as far as she should go. We want her to stay one of us, not get hair extensions and a fake tan." GREGORY KATZ (AP)

BOOKS **Walker 101** Emory University is unveiling the literary archives of Pulitzer Prize-winning author Alice Walker for the first time since she donated the collection to the Atlanta college a year ago. The university is holding a two-day symposium starting Thursday, and featuring feminist Gloria Steinem and activist Howard Zinn. The collection spans 40 years and includes letters, journals and photos, plus the original handwritten draft of "The Color Purple," which garnered Walker a Pulitzer in 1983. (AP)

lookout entertainment

Cut Costs and Carbon

An eco expert shares how to be kind to the Earth and your wallet

BOOKS | It's easy being green if you have lots of green. (Cue a vision of yourself driving a biofuel Prius and heading out to drink organic wine with Leo DiCaprio.) Still, saving the planet and saving money don't have to mutually exclusive, says eco guru Josh Dorfman, Planet Green host and author of the book "The Lazy Environmentalist on a Budget" ($15, Stewart, Tabori & Chang).

JENNIFER BARGER (EXPRESS)

ISTOCK

What's a lazy environmentalist?
It's a person who cares about the planet and who would like to see environmental challenges solved, but who is very busy, somewhat lazy and not likely to go out of their way to do the right thing for the planet unless it's easy.

What's something lazy and cheap I can do to save the planet?
Get a low-flow showerhead. It'll reduce the water you're using by a gallon a minute, saving money and reducing your footprint.

> "[Swapstyle.com] amounts to a living-room clothing swap with stuff from all over the world."

Why do people think going green is pricey?
It's the way things have traditionally been structured. Like putting solar panels on your home can cost thousands of dollars at first and save you money later. But now, there's this company, Solar City (Solarcity.com), that'll lease you panels for no money up front, so you save money right away.

How can I be fashionable, green and frugal?
There's a Web site, Swapstyle.com, that amounts to a living-room clothing swap with stuff from all over the world.

What about the big-box stores?
Many large companies are getting green. If you're having a baby, you can buy organic cotton onesies at Wal-Mart and eco-friendly products at Babies "R" Us.

Are there any cool new materials being used in eco design?
There's this wicking, fast-drying stuff being used in clothing called cocona. It comes from coconut shells and is put into shirts from Pearl Izumi and Marmot. It's the sort of cool innovation that's at the heart of the green movement.

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DIGITAL 3D
MONSTERS VS. ALIENS 3D (PG) 2:00, 4:30, 7:00, 9:20
FIGHTING (PG13) 1:20, 4:10, 7:00, 9:50
OBSESSED (PG13) 1:00, 1:45, 4:00, 4:45, 6:45, 7:30, 9:35
THE SOLOIST (PG13) 1:30, 4:25, 7:25, 10:10
EARTH (G) 1:25, 4:15, 7:15, 9:30
17 AGAIN (PG13) 1:55, 2:40, 4:30, 5:15, 7:05, 7:50, 9:40
CRANK HIGH VOLTAGE (R) 1:35, 2:35, 4:05, 5:05, 6:35, 7:35, 9:10, 10:05
STATE OF PLAY (PG13) 3:30, 6:30, 9:25
STATE OF PLAY (PG13) CC 1:05, 4:10, 7:10
HANNAH MONTANA: THE MOVIE (G) 2:05, 4:35, 7:10, 9:45
OBSERVE AND REPORT (R) 2:30, 5:00, 7:20, 9:55
ROYAL KILL (PG13) 1:15, 4:20, 7:40, 10:10
FAST & FURIOUS (PG13) 2:45, 5:30, 8:15
THE HAUNTING IN CONNECTICUT (PG13) 2:50, 5:25, 8:00
DUPLICITY (PG13) 6:10
I LOVE YOU, MAN (R) 3:20, 6:15, 9:00
KNOWING (PG13) 3:40, 6:40, 10:00
TAKEN (PG13) 3:50, 9:05

AMC SELECT
THE INFORMERS (R) 1:10, 4:00, 6:50, 9:15

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FIGHTING (PG13) ✓ 2:10, 4:40, 7:10
OBSESSED (PG13) ✓ 2:20, 5:00, 7:30
THE SOLOIST (PG13) ✓ 2:30, 5:10, 7:50
17 AGAIN (PG13) 2:00, 4:30, 7:00
HANNAH MONTANA: THE MOVIE (G) 1:50, 4:20, 6:50
DUPLICITY (PG13) 4:10, 7:20
I LOVE YOU, MAN (R) 3:00, 5:30, 8:00

AMC SELECT
ADVENTURELAND (R) 2:50, 5:20, 7:40

AMC COLUMBIA MALL 14
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IMAX MONSTERS VS. ALIENS: AN IMAX 3D EXPERIENCE (PG) 1:55, 4:30, 6:50, 9:20

DIGITAL 3D
MONSTERS VS. ALIENS 3D (PG) 1:00, 3:25, 5:50, 8:30
FIGHTING (PG13) 2:00, 5:00, 7:40, 10:10
OBSESSED (PG13) 1:15, 3:50, 7:00, 9:35
THE SOLOIST (PG13) 2:05, 4:50, 7:30, 10:15
EARTH (G) 12:30, 1:30, 3:00, 4:05, 5:15, 7:35, 9:50, 10:00
17 AGAIN (PG13) 2:10, 4:45, 7:15, 9:40
CRANK HIGH VOLTAGE (R) 1:50, 4:15, 7:10, 9:30
STATE OF PLAY (PG13) DVS CC 1:10, 4:10, 7:05, 10:00
HANNAH MONTANA: THE MOVIE (G) 1:40, 4:20, 7:20, 9:55
OBSERVE AND REPORT (R) 2:55, 7:50
FAST & FURIOUS (PG13) 2:20, 5:05, 7:45, 10:25
THE HAUNTING IN CONNECTICUT (PG13) 6:20, 9:00
I LOVE YOU, MAN (R) 12:20, 5:20, 10:05
KNOWING (PG13) 1:20, 3:55, 6:55, 9:45

LOEWS GEORGETOWN 14
3111 K Street, N.W.

DIGITAL 3D
MONSTERS VS. ALIENS 3D (PG) 1:05, 3:25, 5:50, 8:15, 10:30
FIGHTING (PG13) ✓ 1:50, 4:25, 7:00, 9:40
OBSESSED (PG13) ✓ 1:50, 4:35, 7:15, 10:00
THE SOLOIST (PG13) ✓ 1:55, 4:40, 7:30, 10:20
EARTH (G) ✓ 1:00, 3:15, 5:35, 8:00, 10:25
17 AGAIN (PG13) 2:45, 5:20, 7:55, 10:20
CRANK HIGH VOLTAGE (R) 2:30, 4:55, 7:25, 9:50
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STATE OF PLAY (PG13) CC 1:00, 3:45, 6:45, 9:45
OBSERVE AND REPORT (R) 5:05, 10:15
FAST & FURIOUS (PG13) 1:40, 4:20, 6:55, 9:35
DUPLICITY (PG13) 2:10, 7:20
I LOVE YOU, MAN (R) 1:30, 4:30, 7:05, 9:55

AMC SELECT
THE INFORMERS (R) 2:35, 5:00, 7:35, 10:05
ADVENTURELAND (R) 2:50, 5:25, 8:05, 10:30

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DIGITAL 3D
MONSTERS VS. ALIENS 3D (PG) 12:30, 3:10, 5:50, 8:10, 10:25
FIGHTING (PG13) ✓ 12:20, 2:45, 5:15, 7:55, 10:30
OBSESSED (PG13) ✓ 12:20, 1:35, 2:50, 4:10, 5:30, 7:05, 8:15, 9:45, 10:50
THE SOLOIST (PG13) ✓ 1:20, 4:20, 7:35, 10:20
EARTH (G) ✓ 10:00, 12:40, 3:05, 5:20, 7:50, 10:05
17 AGAIN (PG13) 12:45, 2:05, 3:25, 4:55, 5:55, 7:30, 8:30, 9:55, 10:55
CRANK HIGH VOLTAGE (R) 12:50, 3:15, 5:35, 8:20, 10:45
STATE OF PLAY (PG13) 1:25, 4:35, 7:45, 10:40
HANNAH MONTANA: THE MOVIE (G) 12:25, 1:45, 2:55, 4:30, 5:45, 7:15, 9:40
HANNAH MONTANA: THE MOVIE (G) CC 12:25, 2:55, 5:45
OBSERVE AND REPORT (R) 1:15, 3:30, 5:40, 8:00, 10:10
FAST & FURIOUS (PG13) 2:00, 4:45, 7:20, 9:50
FAST & FURIOUS (PG13) DVS CC 8:25, 11:00
I LOVE YOU, MAN (R) 12:35, 3:00, 5:25, 8:05, 10:35
KNOWING (PG13) 1:40, 4:25, 7:25, 10:15

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FIGHTING (PG13) 12:05, 2:35, 5:05, 7:35, 10:00
OBSESSED (PG13) 12:45, 1:45, 3:30, 4:30, 6:15, 7:15, 9:00, 10:00
THE SOLOIST (PG13) 1:25, 4:25, 7:30, 10:15
EARTH (G) 12:30, 2:45, 5:15, 7:45, 10:10
17 AGAIN (PG13) 1:10, 4:10, 7:10, 9:40
AMERICAN VIOLET (PG13) 1:05, 4:05, 7:05, 10:05
CRANK HIGH VOLTAGE (R) 12:30, 3:00, 5:30, 8:00, 10:15
HANNAH MONTANA: THE MOVIE (G) 1:20, 4:20, 7:20, 9:50
FAST & FURIOUS (PG13) 1:15, 4:15, 7:25, 9:55
FAST & FURIOUS (PG13) CC 1:15, 4:15, 7:25, 9:55
THE HAUNTING IN CONNECTICUT (PG13) 12:10, 2:40, 5:10, 7:40, 10:10
MONSTERS VS. ALIENS (PG) 12:05, 2:20, 4:35, 7:00, 9:30
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AMC POTOMAC MILLS 18
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IMAX MONSTERS VS. ALIENS: AN IMAX 3D EXPERIENCE (PG) 1:45, 4:10, 6:35, 9:05

DIGITAL 3D
MONSTERS VS. ALIENS 3D (PG) 2:40, 5:10, 7:40, 10:00
FIGHTING (PG13) DVS CC ✓ 2:00, 4:35, 7:20, 9:55
OBSESSED (PG13) ✓ 1:00, 1:55, 3:45, 4:40, 6:30, 7:25, 9:15, 10:10
THE SOLOIST (PG13) ✓ 1:15, 4:05, 7:00, 9:50
EARTH (G) ✓ 12:45, 3:00, 5:15, 7:30, 9:45
17 AGAIN (PG13) 1:25, 2:15, 4:00, 4:55, 6:40, 7:35, 9:20, 10:15
CRANK HIGH VOLTAGE (R) 12:35, 3:05, 5:25, 7:50, 10:20
STATE OF PLAY (PG13) 1:20, 3:20, 4:15, 6:15, 7:10, 9:10, 10:05
HANNAH MONTANA: THE MOVIE (G) 1:35, 4:20, 6:55, 9:30
OBSERVE AND REPORT (R) 1:05, 3:25, 5:45, 8:05, 10:20
FAST & FURIOUS (PG13) 1:40, 4:25, 7:05, 9:40
THE HAUNTING IN CONNECTICUT (PG13) 2:45, 5:20, 7:55, 10:30
I LOVE YOU, MAN (R) 5:05, 10:25
KNOWING (PG13) 2:10, 7:35

AMC SELECT
THE INFORMERS (R) 12:30, 2:55, 5:30, 8:00, 10:25

LOEWS SHIRLINGTON 7
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AMERICAN VIOLET (PG13) 2:00, 4:45, 7:25
VALENTINO: THE LAST EMPEROR (NR) 12:40, 3:00, 5:15, 7:35

AMC SELECT
THE INFORMERS (R) ✓ 1:00, 3:15, 5:40, 8:00
PARIS 36 (PG13) ✓ 1:30, 4:20, 7:00
SUNSHINE CLEANING (R) 12:45, 3:10, 5:30, 7:50
SIN NOMBRE (R) 12:20, 2:40, 5:00, 7:30
SLUMDOG MILLIONAIRE (R) 1:40, 4:30, 7:15

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.

STATE OF PLAY (PG13) 2:05, 4:55, 7:45

AMC MAZZA GALLERIE
Jenifer and Wisconsin

OBSESSED (PG13) 2:30, 5:20, 8:00
THE SOLOIST (PG13) 1:20, 4:10, 7:10
EARTH (G) 12:30, 2:45, 5:10, 7:30
17 AGAIN (PG13) 1:50, 4:15
HANNAH MONTANA: THE MOVIE (G) 2:20, 4:50, 7:15
MONSTERS VS. ALIENS (PG) 12:25, 2:40, 5:00, 7:40
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DUPLICITY (PG13) 1:10, 4:00, 7:20

LOEWS RIO CINEMAS 18
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DIGITAL 3D
MONSTERS VS. ALIENS 3D (PG) 2:05, 4:20, 6:45, 9:00
FIGHTING (PG13) ✓ 1:50, 4:35, 7:25, 10:10
OBSESSED (PG13) ✓ 1:30, 2:45, 4:00, 5:20, 6:30, 8:05, 9:05, 10:40
THE SOLOIST (PG13) ✓ 2:15, 5:05, 7:45, 10:35
EARTH (G) ✓ 1:15, 3:30, 5:45, 8:00, 10:15
17 AGAIN (PG13) 1:25, 2:40, 3:50, 5:10, 6:15, 7:30, 8:50, 9:55
CRANK HIGH VOLTAGE (R) 2:10, 4:30, 7:00, 9:25
STATE OF PLAY (PG13) 2:50, 5:50, 8:40
STATE OF PLAY (PG13) DVS CC 1:20, 4:10, 7:10, 10:00
HANNAH MONTANA: THE MOVIE (G) 1:45, 4:25, 7:20, 9:45
OBSERVE AND REPORT (R) 1:35, 3:45, 6:05, 8:15, 10:25
FAST & FURIOUS (PG13) 1:55, 4:40, 7:15, 10:05
I LOVE YOU, MAN (R) 1:40, 4:15, 6:50, 9:20
KNOWING (PG13) 1:00, 4:05, 7:05, 9:50

AMC SELECT
THE INFORMERS (R) 1:10, 3:35, 5:55, 8:25, 10:50
SUNSHINE CLEANING (R) 1:05, 3:25, 5:55, 8:20, 10:45

LOEWS WHITE FLINT 5
North Bethesda

THE SOLOIST (PG13) 1:55, 4:50, 7:30
17 AGAIN (PG13) 2:10, 4:40, 7:25
STATE OF PLAY (PG13) 1:50, 4:45, 7:35
HANNAH MONTANA: THE MOVIE (G) 2:00, 4:30, 7:15
MONSTERS VS. ALIENS (PG) 2:05, 4:35
3D NOT AVAILABLE FOR THESE SHOWTIMES
DUPLICITY (PG13) 7:40

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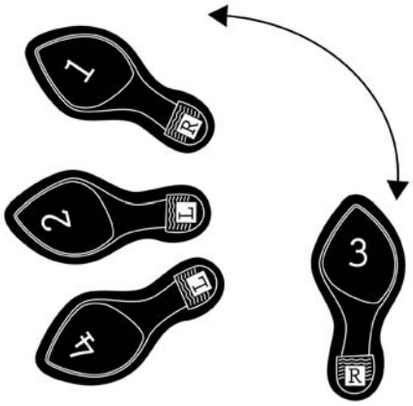
Times for Tuesday, April 28, 2009



top stops

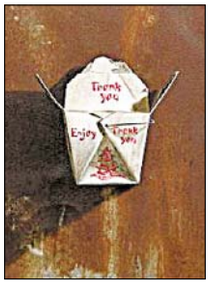
Compiled by Express' Karmah Elmusa and Fiona Zublin. Read more of their picks every day at **Expressnightout.com/topstops.**

1 Give Dance a Chance

Want to take a dance or fitness class but you're strapped for cash? Take advantage of Dance Is the Answer 2009, a two-week festival of (mostly) free classes and performances throughout the metro area. Just today, you could try ballet, Broadway jazz, hip-hop, tap, African dance, Vinyasa yoga, Yogalates and tango. Check out the Web site for a full schedule and to sign up. F.Z.

➜ *Various locations; through May 3, mostly free; 202-778-1190; Danceistheanswer.org.*

2 Earth Day Is Never Over



Everyone wants to save the planet, and Bethesda's Fraser Gallery is getting in on the action with "Bethesda Green," an exhibit of artwork created using recycled materials. The trash we leave behind appears to be a popular subject — there are photographs of strange soda-bottle collages and paintings of Chinese takeout cartons. And you can even take public transportation to the exhibit! F.Z.

➜ *Fraser Gallery, 7700 Wisconsin Ave., Suite E, Bethesda; through May 30, free; 301-718-9651. (Bethesda)*

3 Red, White and Band

Perhaps the All-American Rejects named themselves that ironically. Maybe they hoped that reverse psychology would keep the world from rejecting them. Whatever their plan, it seems to have worked: This four-man band's awesome, smart rock music has made it a rising star on the indie scene. Catch the band at the 9:30 Club tonight, backed up by Shiny Toy Guns, Ace Enders and Vedera. F.Z.

➜ *9:30 Club, 815 V St. NW; 6:40 p.m., $25; 202-265-0930.(U St.-Cardozo)*

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FIGHTING (PG-13) (1100 130 410) 720 950
EARTH (G) (1130 200 430) 700 930
STATE OF PLAY (PG-13) (100 400) 710 1020
17 AGAIN (PG-13) (1110 140 340 440) 630 730 1010
OC: 17 AGAIN (PG-13) (1240 PM) 910 PM
CRANK 2 (R) - ID REQ'D (1200 230 510) 800 1025
HANNAH MONTANA: THE MOVIE (G) (1250 320) 610 840
FAST AND THE FURIOUS (PG-13) (1150 220 500) 740 1015
MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING (PG) ★ (1120 150 420) 650 920
I LOVE YOU MAN (R) - ID REQ'D (1210 240 520) 810 1045
OBSERVE & REPORT (R) - ID REQ'D (400 PM) 900 PM
DRAGONBALL EVOLUTION (PG) (1100 AM 120 PM) 620 PM

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OBSESSED (PG-13) (1150 230 500) 745 1020
THE SOLOIST (PG-13) (115 415) 715 1010
EARTH (G) (1200 220 440) 720 950
FIGHTING (PG-13) (100 420) 730 1015
17 AGAIN (PG-13) (1210 145 400 515) 700 800 940
OC: 17 AGAIN (PG-13) (245 PM) 1040 PM
STATE OF PLAY (PG-13) (1215 130 315 430) 630 740 930 1030
CRANK 2 (R) - ID REQ'D (1230 250 530) 815 1050
OBSERVE & REPORT (R) - ID REQ'D 1030 PM
HANNAH MONTANA: THE MOVIE (G) (1240 330) 650 920
FAST AND THE FURIOUS (PG-13) (1220 240 520) 810 1045
THE HAUNTING IN CONNECTICUT (PG-13) (200 PM 445 PM) 750 PM
MONSTERS VS. ALIENS (PG) (1250 350) 640 915
KNOWING (PG-13) (1245 PM) 710 PM
I LOVE YOU MAN (R) - ID REQ'D (340 PM) 1000 PM

UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr 800-FANDANGO 570#

Adv. Tix on Sale X-MEN ORIGINS: WOLVERINE
Adv. Tix on Sale STAR TREK
EARTH (G) (1230 245 500) 715 930
THE INFORMERS (R) - ID REQ'D (200 445) 705 945
FIGHTING (PG-13) (225 520) 800 1040
OBSESSED (PG-13) (145 435) 735 1020
THE SOLOIST (PG-13) (120 420) 720 1010
17 AGAIN (PG-13) (115 215 415 515) 710 745 950 1015
STATE OF PLAY (PG-13) (100 130 400 430) 700 730 1000 1030
CRANK 2 (R) - ID REQ'D (1235 255 530) 815 1045
OC & DA: HANNAH MONTANA: THE MOVIE (G) (405 PM) 920 PM
OBSERVE & REPORT (R) - ID REQ'D 1005 PM
HANNAH MONTANA: THE MOVIE (G) (110 PM) 640 PM
FAST AND THE FURIOUS (PG-13) (1245 350) 650 935
MONSTERS VS. ALIENS (PG) (1225 250 510) 740
KNOWING (PG-13) (1255 340) 630 925

MAJESTIC STADIUM 20
900 Ellsworth Dr, Silver Spring, MD 240-393-4826

Adv. Tix on Sale X-MEN ORIGINS: WOLVERINE
Adv. Tix on Sale STAR TREK
OBSESSED (PG-13) (1215 115 245 345 515) 620 745 900 1015
EARTH (G) (1200 210 420) 630 840 1050
THE INFORMERS (R) - ID REQ'D (1225 240 500) 730 1000
FIGHTING (PG-13) (100 330) 600 830 1100
17 AGAIN (PG-13) (1240 310 530) 750 1010
RW: 17 AGAIN (PG-13) (130 400) 610 835
STATE OF PLAY (PG-13) (1245 340) 700 950
RW & DA: STATE OF PLAY (PG-13) (1130 215 450) 800 1045
CRANK 2 (R) - ID REQ'D (1145 1235 200 300 415 520) 625 725 845 930
AMERICAN VIOLET (PG-13) (1150 230 435) 645 850 1055
MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING (PG) ★ (1205 220 440) 705 920
HANNAH MONTANA: THE MOVIE (G) (1140 205 430) 710 945
DRAGONBALL EVOLUTION (PG) (1220 235 455) 720 935
OBSERVE & REPORT (R) - ID REQ'D (1250 315 545) 755 955
ADVENTURELAND (R) - ID REQ'D (220 PM)
FAST AND THE FURIOUS (PG-13) (1230 305 535) 805 1035
THE HAUNTING IN CONNECTICUT (PG-13) (1210 250 525) 735 1005
DUPLICITY (PG-13) (1135 AM) 1025 PM
KNOWING (PG-13) (225 PM 505 PM) 740 PM
I LOVE YOU MAN (R) - ID REQ'D (1155 445) 715 940

ROYALE STADIUM 14
6505 America Blvd, Hyattsville, MD 301-864-3456

Adv. Tix on Sale X-MEN ORIGINS: WOLVERINE
Adv. Tix on Sale STAR TREK
RW: OBSESSED (PG-13) (100 330) 700 1000
OBSESSED (PG-13) (1230 300 530) 800 1030
FIGHTING (PG-13) (1205 240 515) 750 1025
THE SOLOIST (PG-13) (1250 345) 720 1020
EARTH (G) (1200 230 440) 705 930
RW: 17 AGAIN (PG-13) (1220 250 525) 755 1035
17 AGAIN (PG-13) (1255 320) 715 940
STATE OF PLAY (PG-13) (1235 325) 655 945
CRANK 2 (R) - ID REQ'D (1240 255 510) 725 955
OBSERVE & REPORT (R) - ID REQ'D (305 PM 520 PM) 1045 PM
HANNAH MONTANA: THE MOVIE (G) (1245 310) 740 1010
FAST AND THE FURIOUS (PG-13) (105 335) 745 1015
THE HAUNTING IN CONNECTICUT (PG-13) (315 PM) 730 PM
MONSTERS VS. ALIENS (PG) (1210 235 450) 710 925
KNOWING (PG-13) (1215 PM) 735 PM
I LOVE YOU MAN (R) - ID REQ'D (1225 PM) 1040 PM

BETHESDA 10
7272 Wisconsin Avenue 800-FANDANGO 569#

Adv. Tix on Sale X-MEN ORIGINS: WOLVERINE
Adv. Tix on Sale STAR TREK
THE INFORMERS (R) - ID REQ'D (100 320 540) 810 1030
OBSESSED (PG-13) (300 530) 800 1030
VALENTINO: THE LAST EMPEROR (NR) (210 430) 650 910
CRANK 2 (R) - ID REQ'D (100 310 520) 740 950
17 AGAIN (PG-13) (220 450) 720 1000
STATE OF PLAY (PG-13) (100 400) 700 1000
HANNAH MONTANA: THE MOVIE (G) (210 440) 710 940
ADVENTURELAND (R) - ID REQ'D (515 PM) 1015 PM
FAST AND THE FURIOUS (PG-13) (110 340) 610 840
DUPLICITY (PG-13) (205 445) 730 1015
I LOVE YOU MAN (R) - ID REQ'D (240 PM) 750 PM

BOWIE STADIUM 14
15200 Major Lansdale Blvd 800-FANDANGO 454#

Adv. Tix on Sale X-MEN ORIGINS: WOLVERINE
Adv. Tix on Sale STAR TREK
THE SOLOIST (PG-13) (130 415) 700 940
OBSESSED (PG-13) (125 230 410 515) 650 750 920 1015
FIGHTING (PG-13) (125 405) 745 1015
EARTH (G) (200 430) 700 930
17 AGAIN (PG-13) (115 205 345 445) 630 730 900 1000
AMERICAN VIOLET (PG-13) (215 500) 720 925
CRANK 2 (R) - ID REQ'D (120 330) 600 810 1020
STATE OF PLAY (PG-13) (105 355) 705 945
OBSERVE & REPORT (R) - ID REQ'D (210 PM) 935 PM
HANNAH MONTANA: THE MOVIE (G) (135 420) 655 950
FAST AND THE FURIOUS (PG-13) (225 510) 740 1010
THE HAUNTING IN CONNECTICUT (PG-13) (425 PM) 705 PM
MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING (PG) ★ (220 450) 710 930

GALLERY PLACE STADIUM 14
701 Seventh St NW 800-FANDANGO 1721#

Adv. Tix on Sale X-MEN ORIGINS: WOLVERINE
Adv. Tix on Sale STAR TREK
EARTH (G) (1200 220) 445 710 930
OBSESSED (PG-13) (1130 1215 200 300) 435 630 720 910 1000
THE SOLOIST (PG-13) (1230) 400 700 1015
FIGHTING (PG-13) (1145 215) 455 735 1030
OC: 17 AGAIN (PG-13) (245 PM) 1025 PM
AMERICAN VIOLET (PG-13) (1210 235) 500 730 955
CRANK 2 (R) - ID REQ'D (1155 210) 425 650 920
17 AGAIN (PG-13) (1220 PM) 510 PM 745 PM
STATE OF PLAY (PG-13) (1245) 415 715 1020
OBSERVE & REPORT (R) - ID REQ'D (1210 PM)
HANNAH MONTANA: THE MOVIE (G) (1235 300) 525 750 1015
ADVENTURELAND (R) - ID REQ'D (240) 515 755 1030
FAST AND THE FURIOUS (PG-13) (1215 250) 530 800 1035
MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING (PG) (1205 230 505) 725 945
I LOVE YOU MAN (R) - ID REQ'D (1150 225) 455 740 1010

BALLSTON COMMON STADIUM 12
671 N Glebe Rd 800-FANDANGO 377#

Adv. Tix on Sale X-MEN ORIGINS: WOLVERINE
Adv. Tix on Sale STAR TREK
THE INFORMERS (R) - ID REQ'D (220 455) 730 1005
EARTH (G) (225 450) 715 940
STATE OF PLAY (PG-13) (210 315) 630 720 935 1030
CRANK 2 (R) - ID REQ'D (1245 305 520) 755 1035
OBSERVE & REPORT (R) - ID REQ'D (250 505) 740 1010
FAST AND THE FURIOUS (PG-13) (200 500) 750 1040
MONSTERS VS. ALIENS (PG) (230 510) 735 955
SUNSHINE CLEANING (R) - ID REQ'D (155 420) 650 920
KNOWING (PG-13) (100 400) 725 1015
WATCHMEN (R) - ID REQ'D (1255 PM 430 PM) 800 PM
TAKEN (PG-13) (145 410) 640 910

POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy 800-FANDANGO 690#

Adv. Tix on Sale X-MEN ORIGINS: WOLVERINE
Adv. Tix on Sale STAR TREK
EARTH (G) (220 450) 720 950
OBSESSED (PG-13) (110 210 410 510) 650 750 930 1030
FIGHTING (PG-13) (155 440) 725 1010
THE SOLOIST (PG-13) (135 430) 735 1045
OC: 17 AGAIN (PG-13) (405 PM) 925 PM
17 AGAIN (PG-13) (130 230 505) 640 740 1025
CRANK 2 (R) - ID REQ'D (1230 200 300 420 520) 710 810 940 1040
STATE OF PLAY (PG-13) (1245 145 400 500) 700 800 1020
OBSERVE & REPORT (R) - ID REQ'D (250 525) 745 1015
HANNAH MONTANA: THE MOVIE (G) (1250 330) 620 910
FAST AND THE FURIOUS (PG-13) (1235 320) 610 850
MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING (PG) ★ (120 350) 630 900
KNOWING (PG-13) (355 PM) 945 PM
I LOVE YOU MAN (R) - ID REQ'D (100 PM) 705 PM

KINGSTOWNE STADIUM 16
5910 Kingstowne Towne Center 703-822-4956

Adv. Tix on Sale X-MEN ORIGINS: WOLVERINE
Adv. Tix on Sale STAR TREK
Call Theatre for Showtimes

COUNTRYSIDE STADIUM 20
45980 Regal Plaza 800-FANDANGO 394#

Adv. Tix on Sale X-MEN ORIGINS: WOLVERINE
Adv. Tix on Sale STAR TREK
EARTH (G) (1230 245 500) 715 930

FOX STADIUM 16
22875 Crawford Plz, Asburn, VA 703-957-1035

Adv. Tix on Sale X-MEN ORIGINS: WOLVERINE
Adv. Tix on Sale STAR TREK
RW: OBSESSED (PG-13) (1155 230 510) 750 1030
THE SOLOIST (PG-13) (1040 140 440) 730 1015
EARTH (G) 1000 (1230 245 500) 715 930
FIGHTING (PG-13) (1210 250 530) 800 1035
17 AGAIN (PG-13) (1050 200 430) 700 950
RW: 17 AGAIN (PG-13) (100 330) 600 830
MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING (PG) ★ (1200 215 445) 710 940
STATE OF PLAY (PG-13) (1100 120 220 420 520) 720 820 1020
CRANK 2 (R) - ID REQ'D (1240 310 540) 810 1040
HANNAH MONTANA: THE MOVIE (G) (1030 1130 110 210 350 450) 630 740 900 1010
OBSERVE & REPORT (R) - ID REQ'D (1120 150 410) 640 920
FAST AND THE FURIOUS (PG-13) (1010 1250 340) 620 850
KNOWING (PG-13) (1020 115 400) 650 1000
I LOVE YOU MAN (R) - ID REQ'D (1220 320) 610 840

FAIRFAX TOWNE CENTER 10
4110 W Ox Road 800-FANDANGO 670#

THE INFORMERS (R) - ID REQ'D (120 440) 710 945
FIGHTING (PG-13) (140 420) 720 1000
OBSESSED (PG-13) (120 410) 740 1015
HANNAH MONTANA: THE MOVIE (G) (1250 150 350 450) 650 750 920 1020
THE HAUNTING IN CONNECTICUT (PG-13) (110 340) 700 930
MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING (PG) ★ (1230 250 510) 730 950
MONSTERS VS. ALIENS (PG) (130 400) 630 900
DUPLICITY (PG-13) (1240 330) 640 940
WATCHMEN (R) - ID REQ'D (100 PM 430 PM) 800 PM

MANASSAS STADIUM 14
11380 Bulloch Drive 800-FANDANGO 490#

Adv. Tix on Sale X-MEN ORIGINS: WOLVERINE
Adv. Tix on Sale STAR TREK
EARTH (G) (1230 245 515) 730 945
FIGHTING (PG-13) (100 345) 700 930
OBSESSED (PG-13) (215 500) 745 1015
THE SOLOIST (PG-13) (145 430) 715 1000
17 AGAIN (PG-13) (1245 130 315 400) 600 645 830 915
STATE OF PLAY (PG-13) (1215 115 330 415) 630 710 920 1020
CRANK 2 (R) - ID REQ'D (230 445) 750 1030
OBSERVE & REPORT (R) - ID REQ'D (210 545) 815 1040
HANNAH MONTANA: THE MOVIE (G) (110 340) 615 845
FAST AND THE FURIOUS (PG-13) (250 530) 800 1045
MONSTERS VS. ALIENS 3D - SPECIAL EVENT PRICING (PG) ★ (150 410) 640 900
KNOWING (PG-13) (350 PM) 650 PM
I LOVE YOU MAN (R) - ID REQ'D (1210 PM) 1010 PM

Times For 4/28/09 Bargain Matinees In ( ) OC= Open Captioned RW=RWC Available DA= Descriptive Audio Available DP= Digital Projection * Pass/Discount Ticket Restrictions Apply © 2009 www.REGmovies.com

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lookout television

Endangered on 'Idol'

Allison Iraheta has talent, but her TV run could be ending soon

INEVITABILITY | We've reached a difficult time in the "American Idol" cycle: Most of the underperforming contestants are gone, but somebody still has to be eliminated every week.

One week soon — perhaps this one — it'll be Allison Iraheta. And that will be a shame.

Iraheta, a growly 16-year-old rocker from Los Angeles, has blazed a path through the "Idol" pack with hard-edged takes on songs such as the Temptations' "Papa Was a Rolling Stone."

In a previous season, her vocal heft and mature stage presence might have won her the competition altogether (watch season five winner Taylor Hicks perform this week and you'll see why). But short of an unexpected surge in support, standouts Adam Lambert and Kris Allen, and fan favorite Danny Gokey — who've each made zero trips to the bottom of the "Idol" voting tally while Iraheta's made three — look likely to overtake her.

GREG BARBER (EXPRESS)

FOX
The "American Idol" calculus isn't looking good for gutsy rocker Allison Iraheta.

express nightout

Give your take on who should be voted off this week — Allison? Matt? Danny? — and catch "American Idol" recaps on Tuesday and Wednesday mornings. | **ONLINE NOW**

EXPRESSNIGHTOUT.COM/IDOL

At Home, But Not Belonging

LIVES | Sometimes a look at a single apartment complex can open a window on an entire world. The "Independent Lens" (10 p.m., PBS, check local listings) film "At Home in Utopia" does just that.

"Utopia" follows the United Workers Cooperative Colony, built in the Bronx in the 1920s by the American Communist Party. The film doesn't argue for or against communism, but it does a great job of showing what it was like to grow up in an isolated subculture. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

on tonight

BETRAYAL BITES
Witness protection fails to save a turncoat mobster on **THE MENTALIST** (9 p.m., CBS).

IS THIS SPINAL TAP?
A freak killer covets spinal-cord fluid on **FRINGE** (9 p.m., Fox).

AHOY, MISERY!
Typhoon winds and mournful tales — life-threatening illnesses, crippling debt — cast a pall on **DEADLIEST CATCH** (9 p.m., Discovery).

EH, IT'S JUST A BUYOUT
Fresh from writing a political expose, a journalist vanishes on **WITHOUT A TRACE** (10 p.m., CBS).

THIS WOMAN IS ONLY 46!
Gail O'Grady guest-stars as the distraught grandmother of a missing child on **LAW & ORDER: SPECIAL VICTIMS UNIT** (10 p.m., NBC).

FOX
A View-Master helps Peter (Joshua Jackson) track a killer on "Fringe."

FREE TO BEAD
Trevor sets a Mardi Gras love trap on **CUPID** (10 p.m., ABC).

LIAR, LIAR, PANTS ON FIRE
Tommy discovers holes in Jimmy's story about a crucial event on **RESCUE ME** (10 p.m., FX). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

MARKETING **Wedding Fake** "Grey's Anatomy" characters Meredith Grey and Derek Shepherd may need to alter their seating arrangements. A Web site with details about their TV nuptials and an invitation to RSVP for the event drew about 1,400 replies in the first 24 hours. Confuse fact and fiction here: Theknot.com/ourwedding/MeredithGrey&DerekShepherd. (AP)

A Silent Breath of Power

Bentley Continental GTC is a noiseless, ultimate luxury car

MATERIALISM | As day follows dawn, I'll get e-mails to this effect:

"Dear worthless shill: How can you justify writing about a quarter-million-dollar convertible that gets single-digit gas mileage when the economy is in ruins, the poles are melting and both are worsened by this nation's obsession with oil? At long last, have you left no sense of decency? You should be selling pencils, not pushing them. Love, Mom."

Typically, I write about cars that are new to the market, given that they are, well, news. The Bentley Continental GTC Speed is fresh off the diamond cutter's bench, and so it qualifies.

I also try to write about cars that are significant, and the GTC Speed is remarkable in that it returns positively the worst gas mileage I have ever observed in any car that didn't have a roll cage and parachute on the back. In typical, around-town, stop-and-go driving, this exquisite British convertible gets about 5 to 7 miles per gallon, and during hard acceleration 3 mpg.

Every tactile detail — the knurl on the alloy gearshift, the diamond-quilt leather upholstery, the dazzling "engine-turned" aluminum fascia on the dash and door — provokes a heady rush of spiraling appetite and heart-pounding materialism. To the Bentley driver, Gandhi is just some old guy in a diaper.

There is one more sensation worth noting: exquisite silence. The Bentley has to be the quietest ragtop ever built.

The resulting car can feel downright giddy and surreal, as you experience life at the fulcrum between irresistible force and immovable mass. Nail the throttle and it seems as if the car is lightly gathered up and sent plunging forward, as if it were falling horizontally.

The GTC Speed is by no means perfect. Bentley's navigation system is, by now, fairly outdated and clumsy.

Yet, to canyon-carve with the GTC Speed feels rather like trying to water-ski behind an aircraft carrier. But no kidding and no hyperbole: This is a fabulous car.

DAN NEIL (LOS ANGELES TIMES)

DAN NEIL/LOS ANGELES TIMES

The Bentley Continental GTC has a base price of more than $237,000 and horrible fuel economy of 10 mpg in city driving.

NUTS & BOLTS

→ BENTLEY CONTINENTAL GTC

$237,695

Powertrain: Naturally aspirated DOHC, 48-valve, 12-cylinder engine with variable-valve timing; six-speed automatic transmission with manual shift mode | **Wheelbase:** 108.1 inches | **Measurements:** 189.1 inches long, 4,282 pounds | **Horsepower:** 600 at 6,100 rpm | **Torque:** 553 pound-feet at 1,750 rpm | **EPA Fuel Economy:** 10 mpg city, 17 mpg highway

DISCUSSIONS

REAL WHEELS

As a consumer, I like having a dealership close to my home instead of just one or two larger dealers for the region. I need the dealer for warranty repairs and don't like having to make a special trip or even to have to take a day off from work to get to and from the dealer. Is there a way for Chevy to have fewer dealers but still have all of its service stations?

Actually, you have just described the auto retail business model of the future — fewer retail outlets, but more service stations, including satellite service bays operated by one or more dealer groups.

All physical things have a termination date. Pontiac is a physical thing.

I'm currently debating between a Subaru Forester and an Impreza Outback. I frequently go snowboarding during the winter, so I would prefer four-wheel drive or all-wheel drive. I'm trying to stay under $30K.

The Outback would be my first choice. I just bought one for my house in Cornwall, N.Y., where winters can be more than a little tricky. The Forester is larger. But our experience with that one is that actual utility — usable space — is not much better than that found in the Outback. You should also consider the Hyundai Santa Fe, which offers comparable Forester/Outback utility for a lower price.

What are your thoughts on Pontiac's potential demise?

All physical things have a termination date. Pontiac is a physical thing. Should it pass, we'll celebrate its life, express certain regrets, and move on. But its passing, at this juncture, looking at the various GM rescue and bankruptcy plans, is by no means certain. Stay tuned.

washingtonpost.com

Columnist Warren Brown is online Fridays at 11 a.m. to answer questions on every aspect of the automotive industry.

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Poll Center

ARE YOU CONFIDENT IN THE GOVERNMENT'S ABILITY TO STOP A FLU PANDEMIC?

YESTERDAY'S RESULTS AS OF 5 P.M.

NO	55%
YES	45%

"The government saw the housing/economic crisis coming but ignored it until it was too late or believed it wasn't going to be as bad as it is now or could get. How is this flu pandemic different?"

COMMENTER JMP, WHO ADDED, "PEOPLE ARE STILL DYING, AND THE GOVERNMENT IS JUST THROWING MONEY AT IT RATHER THAN ATTACKING THE REAL ROOT OF THE PROBLEM."

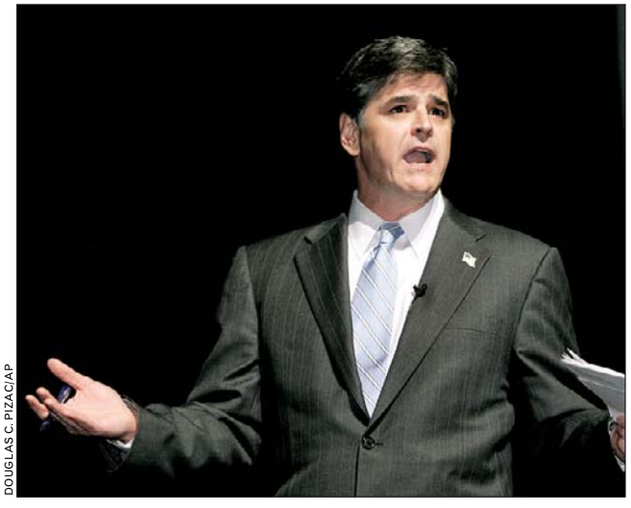
"We the people may be able to stop an epidemic by acting intelligently. The government can do nothing more than provide resources that we may use in our efforts."

COMMENTER EJDUBYA, WHO ADDED, "WE NEED TO GET OVER THE IDEA THAT GOVERNMENT IS ANYTHING MORE THAN WHAT WE WANT IT TO BE."

SEE HOW YOUR METRO STATION VOTED
WWW.EXPRESSNIGHTOUT.COM

"A USER FEE is simply an attempt by politicians to avoid responsibility for implementing necessary tax increases and – in this case — pin the blame on the electric company."

NOTIONSCAPITAL.WORDPRESS.COM IS NOT IMPRESSED WITH D.C. MAYOR ADRIAN FENTY'S ATTEMPTS TO IMPOSE A STREETLIGHT FEE ON HOUSEHOLDS TO RAISE MONEY.



DOUGLAS C. PIZAC/AP

Blog LOG

"I LIKE IHOP FINE, but I sort of wish DCUSA didn't have so many chains going into it. That being said, IHOP is better than another bank branch or H&R Block or something."

NEWCOLUMBIAHEIGHTS.BLOGSPOT.COM IS AMBIVALENT AFTER REPORTS THAT AN IHOP RESTAURANT IS COMING TO COLUMBIA HEIGHTS.

"This is getting ridiculous. Now conservatives are volunteering to be waterboarded. Seriously? Where were they for the past eight years?"

REPUBLICOFT.COM CANNOT BELIEVE THAT FOX NEWS HOST SEAN HANNITY SAID HE'D AGREE TO BE WATERBOARDED "FOR CHARITY" IN A RECENT TELEVISION INTERVIEW.

"MY BROTHER SENT ME his resume over the weekend and asked me to look at it for him. Mind you, he has yet to thank me for his birthday card, yet to wish me a happy birthday or anything."

SINGLIKESASSY.BLOGSPOT.COM NEEDS SOME MORE RECOGNITION, APPARENTLY, BEFORE HELPING HER BROTHER WITH HIS CAREER ASPIRATIONS.

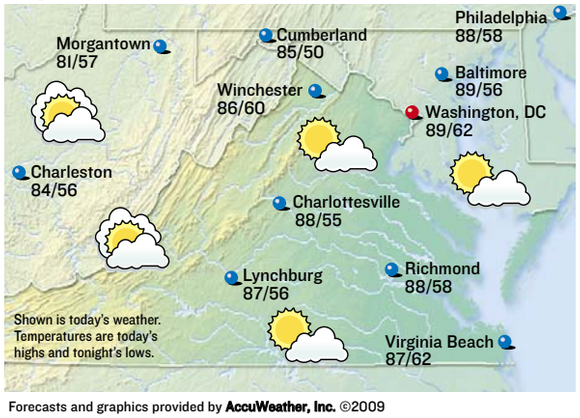
"Twelve-year-old Mackenzie Brown proved what I [had] been saying for years: Throwing like a girl isn't a bad thing."

IVORYTOWERZ.COM WAS GLAD TO SEE BROWN THROW A PERFECT GAME IN LITTLE LEAGUE, AFTER REVISITING CHILDHOOD MEMORIES OF HER FATHER SAYING, "QUIT THROWING LIKE A GIRL."

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly sunny	Partly cloudy with a t-storm late	Cooler with a couple of t-storms	Cooler with thunderstorms possible	Warmer with a thunderstorm possible	Mostly cloudy, a shower possible
89°	62°	73° / 55°	60° / 56°	76° / 60°	72° / 52°

Regional Weather



Forecasts and graphics provided by **AccuWeather, Inc.** ©2009

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	87°
Low	63°
Normal high	70°
Normal low	49°
Average humidity	46%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	4.12"
Normal month to date	2.47"
Year to date	9.12"
Last year to date	12.30"
Normal year to date	11.91"

For up-to-the-minute weather, see:
washingtonpost.com/weather

Regional Forecast

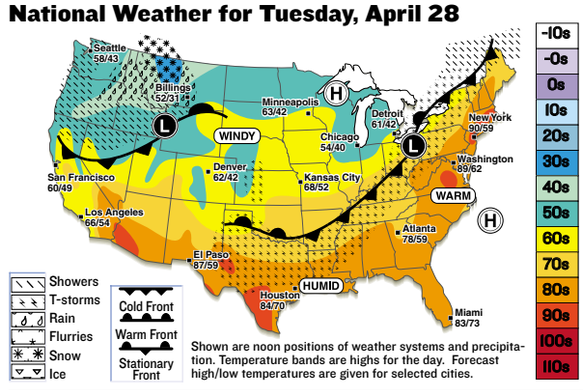
D.C. Metro: Today, mostly sunny. High 89. Wind southwest 8-16 mph. Tonight, a shower or thunderstorm late. Low 62. Wind southwest 7-14 mph.

Sun and Moon

Sunrise today	6:14 a.m.
Sunset tonight	7:58 p.m.
Moonrise today	8:42 a.m.
Moonset today	none

First	Full	Last	New
May 1	May 9	May 17	May 24

National Weather for Tuesday, April 28



Shown are noon positions of weather systems and precipitation. Temperature bands are highs for the day. Forecast high/low temperatures are given for selected cities.

National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	78/59/pc	77/60/pc
Boston	88/56/s	60/43/pc
Chicago	54/40/pc	61/49/pc
Dallas	77/65/t	79/66/t
Denver	62/42/pc	76/41/s
Honolulu	80/67/sh	82/68/s
Los Angeles	66/54/pc	72/54/pc
Miami	83/73/pc	83/74/pc
New York City	90/59/s	64/50/c
Orlando	85/65/pc	84/64/s
Seattle	58/43/c	60/42/c

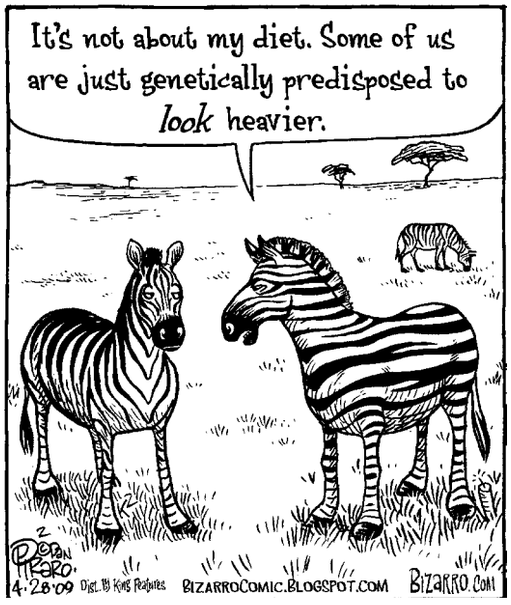
World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	55/45/r	57/46/pc
Athens	63/52/pc	68/56/s
Berlin	74/52/pc	66/50/pc
Buenos Aires	81/61/s	75/59/pc
Calgary	32/21/sn	40/22/pc
Dublin	54/45/sh	57/43/r
Geneva	58/45/sh	50/47/r
Moscow	73/45/s	73/46/s
Rome	64/50/sh	63/46/sh
Sydney	66/48/s	64/50/pc
Tokyo	64/48/pc	68/52/s

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

comics lookout

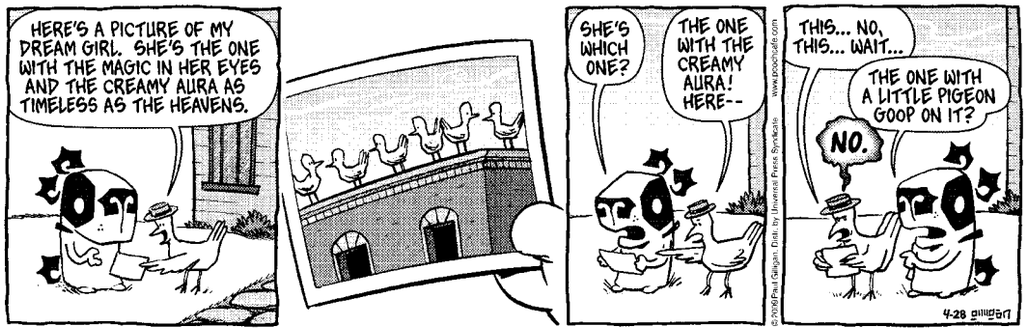
Bizarro | *Dan Piraro*



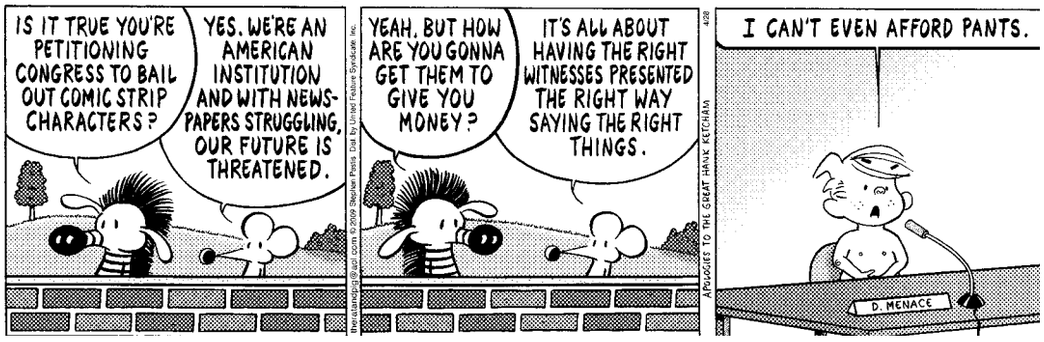
Cornered | *Mike Baldwin*

"We're holding our own, but I'd really like to see some growth."

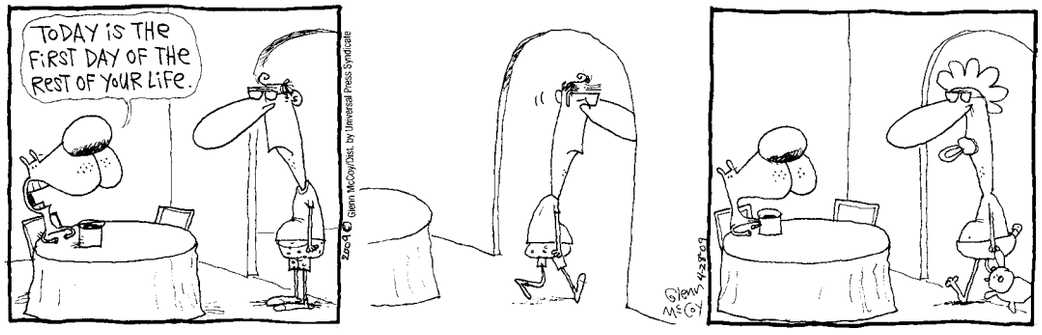
Pooch Cafe | *Paul Gilligan*



Pearls Before Swine | *Stephan Pastis*



The Duplex | *Glenn McCoy*



Horoscope

By Stella Wilder

TAURUS (April 20-May 20) A minor error early in the day may lead to reconsidering the path you have chosen. The truth is that you are overemphasizing this issue.

GEMINI (May 21-June 20) You'll find solace and, perhaps, inspiration in doing those things others might find tedious or boring. Enjoy your routine.

CANCER (June 21-July 22) Soft-pedal those issues that seem to get a rise out of people inexplicably. There's no reason to cause a fuss at this time.

LEO (July 23-Aug. 22) You may require some assistance early in the day, but later on you'll find that your own powers of accomplishment are on the rise.

VIRGO (Aug. 23-Sept. 22) Once you tend to pressing duties, you'll enjoy a little more freedom and should be allowed to explore one or two personal needs.

LIBRA (Sept. 23-Oct. 22) Trying to tackle something in its entirety may be too much, but if you break it down into its component units, it can be quite manageable.

SCORPIO (Oct. 23-Nov. 21) Apply imaginative thinking to a stubborn problem and you can solve it, and win the respect and admiration of others.

SAGITTARIUS (Nov. 22-Dec. 21) You may have the chance to show off one or two unusual skills. Be sure that there is a clear purpose to what you do, however.

CAPRICORN (Dec. 22-Jan. 19) You may not be able to work as quickly as you had hoped, simply because you are dealing with one or two pressing distractions.

AQUARIUS (Jan. 20-Feb. 18) You're seeking an answer that may elude you for the first part of the day. Patience and persistence can surely pay off later on, however.

PISCES (Feb. 19-March 20) You may be surprised to learn a key decision you were expecting to make has actually been made for you ahead of time.

ARIES (March 21-April 19) You are in very real need of some rest and relaxation — but you may not be able to enjoy it just yet. You must tie up some loose ends first.

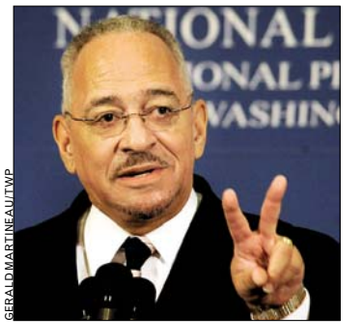
Today in History

1789 There is a mutiny on HMS Bounty as the crew of the British ship sets Capt. William Bligh and 18 sailors adrift in a launch in the South Pacific. (Bligh and most of the men with him managed to reach Timor in 47 days.)

1945 Italian dictator Benito Mussolini and his mistress, Clara Petacci, are executed by Italian partisans as they attempt to flee the country.

1967 Heavyweight boxing champion Muhammad Ali refuses to be inducted into the Army, the same day Gen. William C. Westmoreland tells Congress the U.S. "would prevail in Vietnam."

1988 A flight attendant is killed and more than 60 people are injured when part of the roof of an Aloha Airlines Boeing 737 tears off during a flight from Hilo to Honolulu.


GERALD MARTINEAU/TWP

The Rev. Jeremiah Wright speaks at the National Press Club April 28, 2008.

2008 In an appearance at the National Press Club in D.C., Democrat Barack Obama's longtime pastor, the Rev. Jeremiah Wright, says criticisms surrounding his fiery sermons are an attack on black churches, and he rejects those who label him unpatriotic.

PostPoints DAILY CODE B1

lookout people

JAMES P. MCCOY/THE BUFFALO NEWS/AP

Pax Jolie-Pitt and a member of the Nazgûl visited Niagara Falls Sunday.

TOURISTS

Protective Rain Gear Modeled by Pitt-Jolies

BRAD PITT visited Niagara Falls Sunday sons Maddox and **PAX** and his parents, Bill and Jane Pitt. The five were escorted onto the Maid of the Mist sightseeing boat, where they snapped photos and sported blue plastic ponchos. (AP)

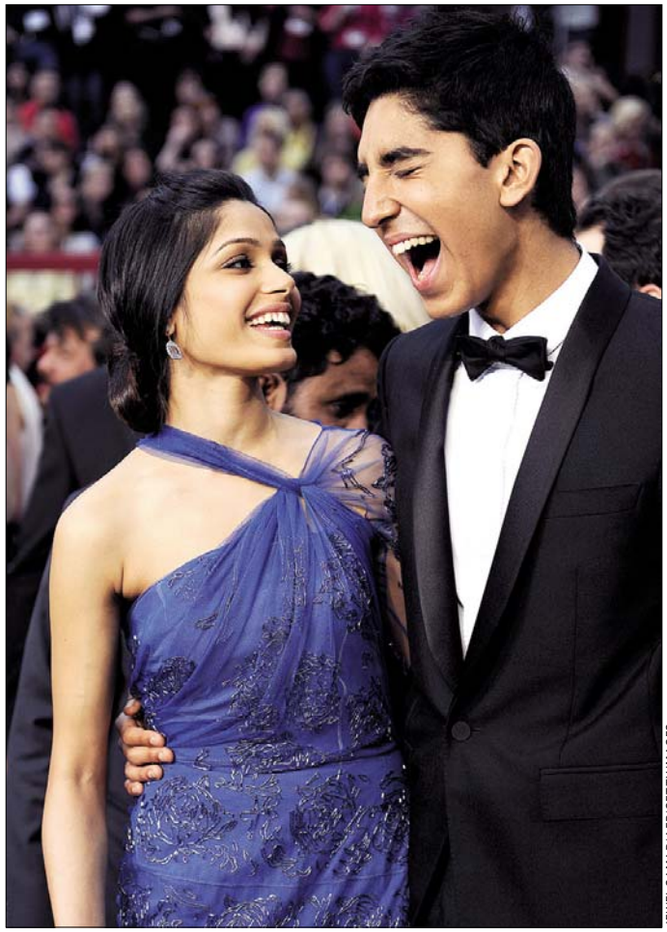
AILING

Son Visits Farrah Fawcett

Authorities allowed the son of Ryan O'Neal and Farrah Fawcett a brief visit with his cancer-stricken mother. The family paid roughly $1,300 so that deputies could supervise **REDMOND O'NEAL**'s brief excursion from jail. (AP)

expressnightout

Find the latest celebrity news and photo evidence of stars' sordid lives at WWW.EXPRESSNIGHTOUT.COM.

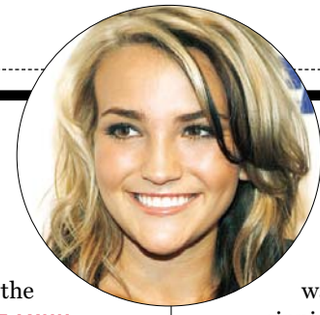


JEWEL SAMAD/AFP/GETTY IMAGES

JINXES

Mom Says Dangerous Words

"Slumdog Millionaire" stars **DEV PATEL**, 19, and **FREIDA PINTO**, 24, are indeed dating, Patel's mother, Anita Patel, told Britain's Daily Mirror newspaper. "First, it was the film, and now everything else seems to have slotted into place," she said. "Life can't get any better for him. Freida is really beautiful, and I am really happy for them." (EXPRESS)



CARELESS

None of the Cool Dads Wear a Seat Belt

Casey Aldridge, the father of **JAMIE LYNN SPEARS**' baby, and two of his four passengers were thrown from his 2008 Ford F-250 pickup when it rolled over in Louisiana, state police said Monday. No one in the truck was wearing a seat belt. Trooper Mark Dennis said Aldridge, 19, suffered moderate injuries. The wreck happened about 1:30 a.m. Sunday on a highway near the Mississippi state line. Dennis said the passengers, men ages 19 to 23, refused treatment for minor injuries. "The fact that three of these guys survived ejection totally defies the odds," he said. Aldridge was cited for careless driving. (AP)

PAUL BEATTY/AP

Hudson hasn't performed in Chicago since her relatives were killed in 2008.

HOMETOWNS

Hudson Returns to Chicago

Oscar- and Grammy-winning singer **JENNIFER HUDSON** has given her first hometown concert since her mother, brother and 7-year-old nephew were killed last year. Hudson sang Saturday night at a theater in Chicago's McCormick Place. She dedicated the song "You Pulled Me Through" to relatives in the audience and brought four cousins onstage to sing with her. (AP)

THREATS TO 'WOLVERINE'

First Piracy, Now Swine Flu

The Mexico premiere of **HUGH JACKMAN**'s "X-Men Origins: Wolverine" has been postponed due to swine flu, People reported. "We were not only concerned about Hugh's welfare — and we would never send anyone into harm's way — but we also have an enormous office filled with people we care about," a studio rep said. "There was no point in proceeding under the current conditions." (EXPRESS)

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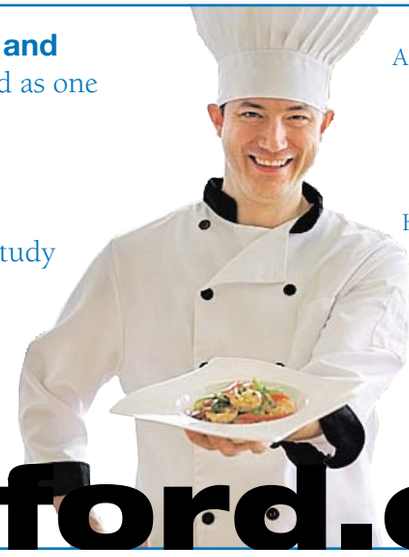

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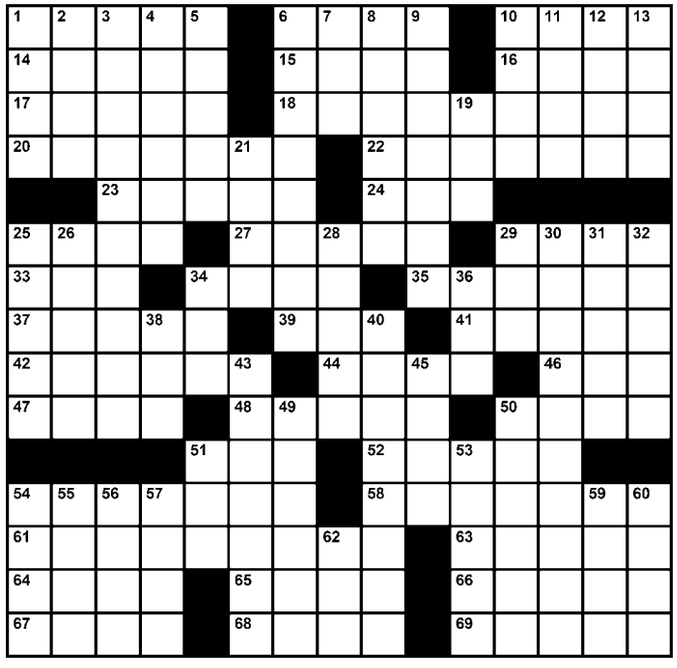
puzzles lookout

CROSSWORD | WATER BEARERS

EDITED BY TIMOTHY E. PARKER



ACROSS

1 City non-Muslims may not enter
6 Slightly cracked
10 Hollywood blues?
14 Aerosol targets
15 Wedding reception sight
16 End in ___ (require extra play)
17 Monstrous giants
18 Meal with mutton
20 Blind alley, e.g.
22 Historic Maryland fort
23 1.0567 liquid quarts
24 Again, on sheet music
25 Whispered call
27 Dangerous gas
29 One of 16 in a cup (Abbr.)
33 Gandalf portrayer McKellen
34 Comic canine
35 Garden flower
37 Beauty contest prize
39 "My Name is Earl" airer
41 Singer Rimes
42 Capital that replaced Istanbul
44 Word with "horse" or "human"
46 Garfield or Morris
47 Watch part
48 Fabric pattern
50 Biathlon gear
51 Tuber that can be candied
52 Abhorrence
54 Highlight
58 Bureaucratic runaround
61 1990s campaigner
63 German pistol
64 Paul of oldies
65 Eye desirously
66 Susan Lucci role
67 Superpower that dissolved in the 1990s
68 Network signal
69 Knocks to the canvas

DOWN

1 Music may set it
2 Good thing to have in a competition
3 Brightly banded slitherer
4 It generates a lot of interest
5 Trait on the plus side
6 Harmful downfall
7 "The Bell ___" (Sylvia Plath book)
8 Like some limbs of the impatient
9 Cancel, as a law
10 Do some high-tech surgery
11 Memo abbreviation
12 "Take a long walk off a short ___!"
13 Like a golf course in the morning
19 A Cabinet dept.
21 Bully's prey, traditionally
25 They can be full of falafel
26 New Orleans athlete
28 Actress Winger
29 "T" in "GWTW"
30 Sorcery
31 Six-Day War battleground
32 Suit part
34 Low-tech propeller
36 Steak go-with
38 Zodiac creature
40 Frolicked
43 Informed about
45 Hand over
49 Come forth
50 Put in stitches?
51 "Uh-huh"
53 Ran in neutral
54 German Mrs.
55 Many, many millennia
56 Seeks permission
57 Russian Revolution victim
59 Eight dry quarts
60 Historic periods
62 Grand ___ Opry

Yesterday's Solution

SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

1	3	5	9	4	6	7	8	2
8	6	4	3	7	2	9	5	1
9	7	2	5	8	1	6	4	3
7	4	9	2	5	8	3	1	6
6	8	1	7	9	3	4	2	5
5	2	3	1	6	4	8	9	7
3	9	6	4	2	5	1	7	8
2	1	7	8	3	9	5	6	4
4	5	8	6	1	7	2	3	9

©PUZZLES BY PAPPOCOM

		1		3	9			
4	9	2		1				
		6	7			5		
		9					8	
6		5				2		4
	7					1		
		7			4	6		
				6		9	1	3
			1	8		4		

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